



Legendary local McNeil dies

TRAILBLAZER Respected trailblazer and prolific mother Theresa McNeil of Annapolis County died early yesterday morning.

Among McNeil's 17 children are provincial Liberal Leader Stephen McNeil and Halifax Regional Police Deputy Chief Chris McNeil.

Theresa was the first woman in Canada to hold the position of High Sheriff and received the Order of Nova Scotia in 2005.

She was diagnosed with pancreatic cancer in recent weeks and was admitted into palliative care over the weekend. **METRO HALIFAX**

Sports pg 12



**Metro polls
the experts
on QMJHL**

Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Health

• How to deal with recession stress without pulling your hair out, pg 13 Tomorrow

• Putting the brakes on car maintenance costs and keeping the mechanic away.

Later this week
• Food: Meals for a steal.
• Movies: Some films that will take your mind off your own financial problems.



Jermaine Carvery is walked out of court surrounded by sheriffs yesterday afternoon in Halifax. Carvery made his first appearance in a Halifax court since escaping from custody last April.

Taking no chances

Extra security for escapee's court appearance

PAUL MCLEOD
paul.mcleod@metronews.ca



No chances were being taken as Jermaine Carvery made an appearance yesterday afternoon in Halifax Provincial Court.

Carvery infamously managed to break out of his leg shackles and escape from guards last April during a transfer from prison to the Victoria General Hospital for day surgery.

He was eventually caught two months later in Niagara Falls and sent back to Halifax last week. Yesterday, there was extra security on hand for his court appearance.

There were two extra

"He has outstanding matters in Ontario that he has to deal with in October. So I anticipate the dates we get in Halifax will be sometime after (that)."

Crown attorney Shauna MacDonald

sheriffs escorting Carvery to the courthouse, an extra transport vehicle trailed behind in case of a pursuit and there were also several undercover police officers placed throughout the building.

Carvery also had to keep his leg shackles on throughout the court proceedings because, in the words of one sheriff at court, he can "run like a gazelle."

Those shackles happen

to be the new model that was brought in province-wide specifically because of Carvery. The Nova Scotia Department of Justice switched over to more secure irons after the fallout from Carvery's escape.

Carvery's case wound up being put over yesterday until this morning for election and show cause. He isn't expected to go to trial in Halifax for some time.

"He has outstanding matters in Ontario that he

has to deal with in October. So I anticipate the dates we get in Halifax will be sometime after the dates he has to go to court in Ontario," said Crown attorney Shauna MacDonald.

Carvery faces 23 charges in total. Aside from escaping custody, the charges include: robbery, attempted murder and hostage taking. They stem from a string of robberies in 2004, including one at a Halifax Costco where 42 employees were confined while the thieves made off with a large quantity of cigarettes.

He also faces charges in Ontario for a masked robbery of a downtown boutique.

Propane leak forces brief evacuation at sports facility

JENNIFER TAPLIN
jennifer.taplin@metronews.ca



SACKVILLE A propane leak forced the evacuation of the Sackville Sports Stadium yesterday.

Just before noon fire crews were called to the scene regarding a possible leak, said fire spokesman Capt. Dave Meldrum.

"On arrival, firefighters found propane leaking from the piping of an outdoor propane storage cylinder," he said.

The 2,500-gallon tank was three-quarters full.

"So there was a plume of propane vapour coming off of it."

Firefighters used water to dilute the propane plumes while the stadium was evacuated. Meldrum said it's hard to say how many people were inside at the time, but there were a number of employees, patrons and kids in the daycare.

"Those children headed over to Sackville High School," Meldrum said. "Some employees went to the upper parking lot with a bus up there and the RCMP to take care of them."

Firefighters patrolled the area with hand-held flammable gas monitors to make sure no vapours were sneaking off.

"There was no need to evacuate Sackville high as it was quite safe and clear of flammable vapours," Meldrum said.

Irving sent two technicians to right the leaky valve and by 2 p.m. it was fixed.



Big Brothers Big Sisters of Greater Halifax announced the launch of its Bowl For Kids Sake 2009 fundraising campaign yesterday. Participants have already started to raise pledges and collect donations. The campaign will culminate in three days of bowling events from March 27 to 29, with a target of raising \$285,000. **METRO HALIFAX**

Local



Stimulus plan set for commerce meet

Premier Rodney MacDonald will announce an economic stimulus plan tomorrow, but the Tories are being coy about details. MacDonald's communications director Wade Keller confirmed MacDonald will announce a number of "strategic priorities," but didn't get into specifics. The announcement will be made at a breakfast meeting with the Halifax Chamber of Commerce. **METRO HALIFAX**

Halifax firm on long leash to D.C.

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

When the first puppy takes a romp around the White House lawn, he or she will likely sport a Halifax invention.

U.S. President Barack Obama and his wife, Michelle Obama, are planning to rescue a Portuguese water dog next month for their daughters Malia, 10, and Sasha, 7. A Los Angeles public relations firm put together a First Puppy Gift Box for the new arrival and asked Clicker Leash, a Halifax company, to include one of its leashes.



Clicker Leash

"At first I was like, 'Is this a scam?' How unrealistic is it to be in Halifax and get a call from someone saying they want your in-

vention for the president's dog," said Adina MacRae, company president.

Her invention is a training tool based on rewarding good behaviour. A trainer clicks at the exact moment a pet does something right and rewards the animal with a treat or praise.

"Instead of correcting the animal for the bad stuff they do, you're rewarding them for the good stuff they do which reinforces the probability they're going to do it again," she said.

"It falls in line with their personalities because they're very much about positive change."

Other items in the puppy gift box delivered over a week ago were canine aromatherapy candles, crystal puppy necklaces and or-



The U.S. presidential family, from left, Malia, Michelle, Sasha and President Barack Obama, are shown last November in the final days of the presidential campaign in Pueblo, Colo. A Halifax company, one of only 15 firms selected, has included one of its leashes in a doggy swag bag for an expected first puppy.

ganic treats. Two hundred items were considered, but only 15 companies were selected to add items to the doggy swag bag.

Obama promised his daughters a puppy when he was on the campaign trail.

"Apparently the girls

have been begging for (a puppy) for years so one of Obama's election promises was that if he was elected then the girls would get a

puppy," MacRae said, laughing.

"The world knows it, so there's no way he can back out on it now."

News in brief

MEMBERTOU Foul play has been ruled out in the death of Enia Mae Ann Poulette, a 12-year-old girl from Membertou who died suddenly early Saturday morning. An autopsy was performed on Sunday but Cape Breton Regional Police's Sgt. Barry Gordon, who leads the Membertou division, said the file will remain open until the toxicology reports are received. That could take up to three months. The regional police responded to a 9-1-1 call at about 12:40 a.m. to Poulette's home at 3 Kitpu Crescent in Membertou First Nation. **METRO HALIFAX**

metronews.ca

What's online today.

Video Comrades gather at ramp ceremony for latest soldier killed in Afghanistan at metronews.ca/canada
Comment Allan Small's tips on how investors can best bide their time while waiting for market recovery at metronews.ca/investing



90-unit apartment skews local housing construction figures

PAUL MCLEOD
paul.mcleod@metronews.ca

Halifax's housing market was up last month — technically.

Construction of new housing units in February was up almost 50 per cent over last year, according to the Canada Mortgage and Housing Corporation. But almost all of that was due to a new, 90-unit apartment building in Mainland North.

Starts of actual houses fell sharply from 73 in 2008 to just 22 last month. But, because of the apartment building, overall numbers were up from 86 to 128.

"When you have (no apartments started) in January and February last year and then you suddenly have almost 100 units in February this year it's going to impact the numbers," said CMHC analyst Matthew Gilmore.

January and February are typically slow months since it is harder to begin



Construction of new housing units in February was up almost 50 per cent over last year for Halifax, but the building of actual single houses fell sharply from 73 to 22.

construction in the winter. And while housing numbers have been dropping in recent months, it's part of a larger slide that's taken place ever since a peak in 2002.

But Gilmore said the city's job and wage numbers are strong and it is cautiousness and uncertainty holding people back.

"What's likely going to happen over the next cou-

ple of years is numbers are going to remain somewhat subdued," he said. "And then as the bigger economy picks up and demand starts to pick up a little bit with that, we're going to see some growth."

Nationally, urban centres across Canada saw a widespread decline for February, down 59 per cent compared to last year. The CMHC said construction is slowing to more sustainable levels.

Prof to speak on energy

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

Larry Hughes is worried about heating emergencies.

So worried, he wrote two reports for the Canadian Centre for Policy Alternatives and will present his findings tonight at Saint Mary's University.

"As it stands now, the province is completely inadequate with the way it's approaching heating emergencies at present," he said in an interview yesterday.

When people can't afford or access heat, they turn on ovens, burn unsafe materials in the fireplace or crank up space heaters — all of which increases the risk of a fire. Plus there's also a risk of frost-bite and hypothermia — especially in the young and old.

"Our biggest worry we should have in this province is that about 85 per cent of our energy is imported."

The Dalhousie University professor explained supply, infrastructure and affordability are all crucial elements when it comes to keeping people warm. Heat-

Alternatives

• Service Nova Scotia declined to comment on the report yesterday.

ing oil is cheaper this year than last, but it doesn't mean it's affordable for everybody, he said.

"We're finding some (people) are paying well over 10 per cent of their income on meeting their heating requirements. This isn't just home heating fuel, this is also electricity."

As for infrastructure, snow and ice storms have left thousands of Nova Scotians in the dark this winter.

What needs to be done, Hughes said, is ensure all public buildings can access secure local sources of energy and not depend on energy imports. That way, many of these buildings could be used as shelters if the heat is knocked out.

"For example, just about every school in the province has a flat roof and those roofs should have solar panels on them to ensure the building can get at least a part of its hot water," he said.

Nocturne art festival to return for a second year

After tremendous support at its inaugural event, Nocturne: Art at Night is returning in 2009 on Oct. 17. Thousands came out last October for the first Nocturne event in Halifax and Dartmouth, which featured 23 participating galleries and 26 special projects. **METRO HALIFAX**

No plan to can trans fats: Province

N.S. to wait for results of B.C.'s crackdown on restaurants and schools

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

British Columbia is the first province to restrict trans fats in restaurants, but Nova Scotia's approach is a little more natural.

"We don't have anything on the horizon to bring in something similar," said Susan Mader Zinck of Nova Scotia's agriculture department.

"What we're going to do is just watch B.C. and how it progresses out there."

B.C. announced Saturday it is going to restrict trans fats in foods prepared in restaurants.

"By the time we hold the Olympics in 2010, we want every British Columbian and every visitor to our province to know the food they order in restaurants or eat in schools is trans-fat free," said Mary Polak, B.C.'s minister of Healthy Living and Sport.

Trans fats raise bad cholesterol and lower good cho-



The British Columbia government is the first province to restrict restaurants' use of trans fats, commonly found in deep-fried foods like poutine, but Nova Scotia is taking a wait-and-see approach before moving forward.

lesterol, increasing the risk of heart disease, explained Amy MacDonald, a public health nutritionist from Nova Scotia.

"I think any step we take to reduce the amount of trans fat in our food will

make our population healthier," she said.

Nova Scotia recommends schools cut out trans fats, but there are no rules or pressure to restrict it in restaurants.

Elaine Shelton of the

Heart and Stroke Foundation of Nova Scotia said the foundation is working on the issue on a national level to make it more effective.

"My understanding is the provincial government only has jurisdiction over food

"(Trans fats are) something the industry is weeding out itself."

Gordon Stewart

service establishments as opposed to food production," she said.

But trans fats are slowly disappearing here, said Gordon Stewart, executive director of the Restaurant Association of Nova Scotia.

"It's an evolutionary thing like how smoking in restaurants is no longer there," he said. "It's something the industry is weeding out itself."

Even fast-food establishments who initially resisted switching out the oils in their deep fryers are coming around. "They've made quantum leaps in getting rid of trans fat. It's interesting now watching them use it as a marketing ploy when you see a lot of stuff with 'no trans fats' on it," Stewart said.

Keep both eyes open for fake fives, cops warn

COUNTERFEITING The next time you're given a five, you might want to take a closer look at it.

The RCMP Halifax district and Halifax Regional Police issued a joint warning yesterday advising the public of counterfeit \$5 bills circulating throughout the Halifax Regional Municipality.

The bills in question don't show security features under UV light, which display fibre marks and the coat of arms.

They're also two to three millimetres smaller than regular \$5 bills, the thickness isn't as consistent, the Bank Of Canada print is not raised on the left side, and the number 5 doesn't appear on the left side of the face when tilted.

The year of issue for the bills was 2002 and serial number is #HOU9734304.

Anyone with information regarding counterfeit money can contact any RCMP office, Halifax Regional Police or Crime Stoppers at 1-800-222-8477. **METRO HALIFAX**

Suspect in Melvin Jr. shooting arrested

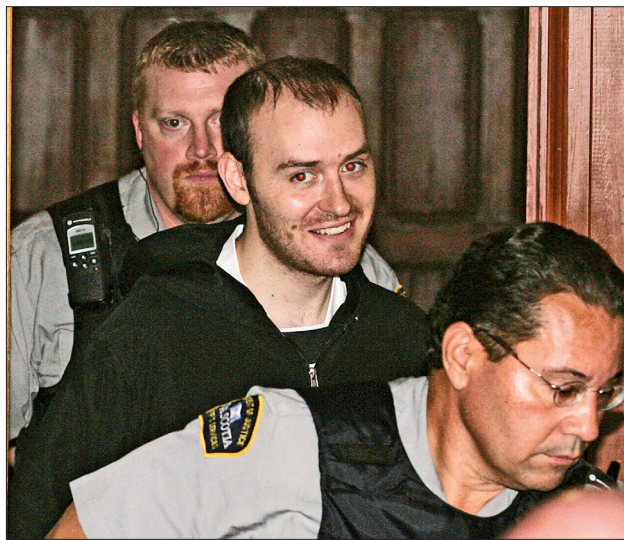
PHILIP CROUCHER
philip.croucher@metronews.ca

A man wanted by Halifax Regional Police in relation to the December shooting of Jimmy Melvin Jr. has been arrested in Toronto.

Charles Andrew Belisle-Taylor, 23, was arrested Saturday by Toronto police, and is expected to be returned to Halifax either this week or next to be arraigned on charges of conspiracy to commit murder and attempted murder.

Belisle-Taylor was one of three men charged in the Dec. 4 shooting at an apartment complex in Cowie Hill. Officers found a 26-year-old man identified by the media as Melvin Jr. with two non-life-threatening bullet wounds.

Police believed the December shooting was tied to a recent spate of drug-related violence. Melvin Jr. is a member of a well-known Halifax crime family that has been embroiled in a highly publicized drug war with the Marriott family,



Jimmy Melvin Jr., in this file photo from 2006, wasn't in Dartmouth Provincial Court yesterday, as his date to enter pleas on charges of threatening a police officer and breaching a court order was held over until March 31.

Jeremy Leblanc, 26, and Daniel Borden, 24, were charged in January in the shooting of Melvin Jr. and an arrest warrant was issued for Belisle-Taylor, who police couldn't locate.

Melvin Jr. was scheduled to make an appearance at Dartmouth Provincial Court yesterday, but he

didn't need to show up, as his date to enter pleas on charges of threatening a police officer and breaching a court order was held over until March 31.

The charge of breaching a court order against Melvin Jr. is for failing to keep the peace and to be of good behaviour.

News in brief

TRAIN COLLISION A 45-year-old man killed when a Via passenger train hit a vehicle at a crossing on Highway 277 in Lantz over the weekend has been identified. Enfield RCMP

said Bruce Preeper of Lantz was declared dead at the scene of Saturday night's accident. RCMP said the train was travelling at its normal speed of 100 kilometres per hour, and rail

crossing equipment was working properly. The road was also clear and the street lights were on at the time. An investigation into the collision continues. **METRO HALIFAX**

YOU COULD

WIN

A GIFT BASKET

CONTAINING ALL THE 2009 BEST NEW PRODUCTS!

Voted by Consumers

BEST NEW PRODUCT
BestNewProducts.ca
Powered by BrandSpark

PRESENTED BY
Canadian Living

VISIT METRONEWS.CA/BNPA TO VIEW THE WINNING PRODUCTS & TO ENTER THE CONTEST!

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes April 27, 2009. Odds of winning depend on number of entries received. Ten prizes of the 34 Best New Product Award products will be awarded. Each prize is valued at approximately \$200 (CAD). For full contest rules and details, visit www.metroneews.ca/bnpa.

Who fired the first shot is a key question facing jurors in the trial of Curt Dagenais, charged with first-degree murder in the deaths of two RCMP constables in rural Saskatchewan nearly three years ago. The panel of six men and six women heard closing arguments yesterday in the Court of Queen's Bench in Saskatoon, Sask. **CBC NEWS ONLINE**

Canada



Facebook photos lead to arrest

RCMP in Selkirk, Man., have arrested an 18-year-old man who they say documented his graffiti spree on Facebook. The graffiti started to appear last summer and photographs were posted on the popular social networking site, RCMP said yesterday. Police are not identifying the suspect because he was a youth at the time the graffiti was created.

CBC NEWS ONLINE

Avalanche deaths predictable

Experts say conditions just right for increased number of deadly snowslides

Keith Grasdal knows snow.

Three decades of snowmobiling in the east Kootenay region of B.C. have taught him the only certainty about avalanches is the direction they come down.

"If you're in the wrong spot at the wrong time, it's just one of those things," said Grasdal yesterday. "Most times you're OK. Sometimes, it's not."

It has been a rough year for avalanches, especially in southeastern B.C., where two Calgary skiers

"You live in the mountains and avalanches come down. That's just what happens."

Keith Grasdal, snowmobiler

died over the weekend after an accident in a permanently closed avalanche spot near the Kicking Horse Resort in Golden.

Grasdal, a member of the Cranbrook Snowmobile Club, said this season there was early snowfall and now there's soft, sugary snow underneath a layer of crust with colder-

than-normal temperatures keeping the snow, especially in the backcountry, unstable.

In December, eight snowmobilers died after three avalanches swept 11 men off their machines. Grasdal, who has caused minor avalanches, but considers himself lucky never to have been caught in

one, said no one ever forgets about the risks.

"You live in the mountains and avalanches come down. That's just what happens."

This season already there have been 18 deaths associated with avalanches in the area; over the past 10 years, the average has been 14 fatalities.

University of Calgary avalanche researcher Bruce Jamieson said there was less snowfall this year than normal and with less snow, the number of ava-

lanche fatalities were predictable.

"When we see a thinner-than-average snow pack, we get more weak layers in the snow and those are more often triggerable by skiers and snowmobilers and snowboarders," said Jamieson. "When we saw the shallow snow pack and the cold temperatures in December, we knew it was likely to be one of the winters where there was an above number of recreational fatalities."

TORSTAR NEWS SERVICE

MackKay to get backing from U.S. for NATO post: Report

NATO Defence Minister Peter MacKay, pressed about media reports that he could be in the running for the job of NATO secretary-general, said yesterday that nationality should not be a bar for the post, but shied away from saying he was interested.

Washington Post columnist Jim Hoagland wrote this week that U.S. Vice-President Joe Biden was set to press MacKay's candidacy when he visits Alliance headquarters today.

"I don't think that traditions, in the sense that geography should be a restriction on any position within NATO, should apply given the fact that Canada ... is a 60-year participant in NATO," MacKay told a news conference.

"I don't believe that a person's nationality, given the number of NATO countries ... should ever be a bar to ascendancy to any role in NATO."

A German newspaper said Saturday that Britain, France and Germany would back Danish Prime Minister Anders Fogh Rasmussen.

REUTERS

Tradition

- The job has always gone to a European.
- The current secretary-general, Dutchman Jaap de Hoop Scheffer, is due to step down in July.

Vehicles in critical condition: Lt-Gen.

MILITARY So many of the armoured vehicles used to train Canadian soldiers for the mission in Afghanistan have broken down that the situation is becoming critical, the commander of land forces said yesterday.

"We are running out of time to keep your army functioning the way that it should because our vehicle breakage rates are now higher than I've ever seen them," Lt-Gen. Andrew Leslie told the Senate's defence committee.

Leslie blamed the tough treatment the vehicles were subjected to in the field before they were turned over to military training forces.

"We are running out of time to keep your army functioning the way that it should."

Lt-Gen. Andrew Leslie

He also pointed the finger at a shortage of mechanics and what he called a ponderous military bureaucracy.

"We've been run hard now for seven years and the places where we run our equipment are pretty rough," said Leslie. Canada has around 2,700 troops in Afghanistan on a combat mission that is due to end in 2011.

REUTERS

Funding Protecting Canadian media



James Moore, minister of Canadian Heritage and Official Languages, laughs with actors Hugh Dillon and Enrico Colantoni yesterday on the set of their television series Flashpoint. Moore announced the creation of the Canadian Media Fund to improve access to Canadian programming on all media platforms. Ottawa is expected to spend \$310 million on the fund over the next two years.

News in brief

ADVERTISING Eight Calgary buses started displaying Atheist ads paid for by the Canadian Free Thought Association

yesterday, which read: "There probably is no God. Now stop worrying and enjoy your life."
DEAL General Motors Corp. is a

step closer to securing billions of dollars in emergency loans after striking a tentative cost savings deal with the Canadian

Auto Workers union.
ECONOMY Four in five Ontarians feel the provincial economy is "poor" and most do not

believe Premier Dalton McGuinty has a plan to improve things, a new poll suggests. **METRO NEWS SERVICES**

ROCK LIKE NO ONE IS WATCHING.

Q104... Live large.

Q104 The Home of Rock n Roll

Cash for car buyers?

The Canadian unit of Ford proposed yesterday that Ottawa provide a \$3,500 incentive to consumers who buy a new vehicle in 2009. **REUTERS**

canada **5**

Break in cold case

Victim identified 4 decades after slaying

Oscar Jones sombrelly studied the statuette's face. The pronounced cheeks. The soft mouth. It wasn't a perfect likeness, but Jones knew the face on TV was the face of his brother, Eric, who had disappeared four decades earlier.

Forensic experts sculpted the facial reconstruction using skeletal remains, which had been found by a hunter in a wooded area near Coboconk, Ont., a small community in the Kawartha Lakes, on Dec. 17, 1967.

"You know, some people have said, 'It's been 40 years, Oscar. This should be

no problem.' But as far as I'm concerned, it's like he died yesterday," Jones said from his home in Noelville yesterday evening. "And the way we found out. If somebody had said he'd been in an accident or something — but the way he died. It's just awful."

Eric had been left in the woods naked with his hands bound. Investigators were never able to determine a cause of death because the body had decomposed. He had been reported missing eight months earlier.

Investigators linked the homicide to a similar case the following spring, after

"As far as I'm concerned, it's like he died yesterday."

Oscar Jones, brother of murder victim

a body was discovered in a hedgerow near Schomberg on May 15, 1968. That victim, later identified as 17-year-old Richard (Dickie) Hovey, was naked. A shoelace located nearby indicated he too had been bound.

Investigators believe he had been there since the previous summer or spring.

TORSTAR NEWS SERVICE

Vancouver Snowed under



William Lee plays fetch with his border collie Hudson in the snow at John Hendry Park in East Vancouver yesterday. The Vancouver area was hit by an unusually heavy March snowfall yesterday, wreaking havoc with traffic.

Vancouver sees more gunplay as shootings top 30 this year

SHOOTING A man in his 30s is recovering in hospital following an early morning shooting outside a Vancouver restaurant early yesterday morning.

The shooting occurred at 2:30 a.m. in the 2500 block of Kingsway.

Bloody snow and tissues could be seen on the sidewalk outside the Ohukuya Japanese Restaurant.

Police found the injured man lying on the ground and transported him to hospital where he under-

went surgery for non-life-threatening injuries.

Investigators closed Kingsway between Slocan and Earles Street for several hours, reopening the road around 7:30 a.m.

Police did not say whether the shooting was targeted or gang-related.

There have been more than 30 shootings in and around British Columbia's Lower Mainland region since the beginning of the year.

METRO CANADA

Teen seeks custody of younger siblings

FAMILY An 18-year-old from Mississauga, Ont., yesterday made the unprecedented request to be granted custody of his two younger brothers in hopes of bringing an end to a decade of family "warfare."

The teen claims his parents' ongoing conflict court battle has turned his siblings into "subjects of some social engineering experi-

ment" in an effort to save them from so-called Parental Alienation Syndrome.

The mother, who separated from the father in 1999, has accused him of an orchestrated campaign to turn the boys against her.

A ruling on the teen's request for standing is expected April 20.

TORSTAR NEWS SERVICE

Modelling contest with a difference

VICTORIA HANDSIDES
victoria.handysides@metronews.ca

An Edmonton woman is proving that you don't have to be a size zero to be beautiful.

Chantelle Thompson, 23, will board a plane bound for Toronto next week, to find out if she's been selected as the winner in Canada's Plus Size Model Search.

The barista was recently selected to be in the top 10 for the contest, sponsored by plus size retailers, Penningtons, Addition Elle, MXM, and LouLou Magazine.



Chantelle Thompson

She bashfully admitted that before entering, she'd never considered modelling before.

"I never really thought it was a possibility for me," she said. "This is something that hasn't been put in the spotlight before by society."

Thompson surpassed thousands for the spot. The five-foot-nine, size-18, blond said that though she spent much of her life ashamed of her body shape, she's never felt more alive.

"I'm not perfect. I'm not a size zero, or even a two, or a four. I'm a bigger person, and I'm happy with myself," she said. "One day I decided that I feel great and embrace myself, and show people that they can be confident as well."

If chosen, Thompson will receive a one-year modelling contract.

STOP! STOP!
Searching For A Low Rate

**No Matter Where you Call
No Matter What you Pay
Comwave will Beat it...
Guaranteed!**

Even if you're paying less,
call us and we'll beat it...
guaranteed!



Afghanistan 24.9 ¢	Lebanon 9.9 ¢
Bangladesh from 3.9 ¢	Mexico from 2.9 ¢
Brazil from 2.9 ¢	Nepal from 7.9 ¢
Chile 2.9 ¢	Nigeria from 6.9 ¢
Ecuador 12.9 ¢	Oman 17.9 ¢
Egypt 14.9 ¢	Philippines 11.9 ¢
Guyana 29.9 ¢	Saudi Arabia from 3.9 ¢
Iraq from 4.9 ¢	Sri Lanka 11.9 ¢
Jordan 4.9 ¢	U.A.E 19.9 ¢
Kenya from 6.9 ¢	U.K 2.9 ¢
Kuwait 6.9 ¢	U.S.A 2.9 ¢

**Unlimited Calling To
Anywhere In Canada**

You can even call from your
CELL PHONE!

\$5
/month



Call Long Distance Even
From Your Cell Phone

- ✓ No need to cancel your service provider.
- ✓ \$10 Free Long Distance for every friend you refer
- ✓ No Contracts



Limited Time Offer \$25
Call Now And Get
Free Long Distance

1-866-519-8090
comwave comwave.ca

Long Distance: Comwave guarantees to match or beat your rate today and forever. Rate Guarantee is based on competitors' lowest advertised rate or written quote for like services. Terms and conditions apply. Please see www.comwave.ca for full details. Calls to overseas mobile phones may be billed at a higher rate. ² The \$25 coupon will be mailed and must be returned for credit to be applied to account. 1 year term required. ³ Credit for monthly fee will be applied to third month's invoice. Unlimited Canada does not include calls to the Yukon and N.W.T.

World



Washers liberated women: Vatican

The Vatican newspaper says that perhaps the washing machine did more to liberate women in the 20th century than the pill or the right to work. The submission was made in a lengthy article titled *The Washing Machine and the Liberation of Women* — Put in the Detergent, Close the Lid and Relax.

REUTERS

Gigolo con man jailed for sexual blackmail

CRIME A former Swiss investment banker was jailed for six years yesterday for trying to blackmail Germany's wealthiest woman, the heiress to the BMW car empire, with secret video of their lovemaking.

Helg Sgarbi admitted at the start of his trial that he had seduced heiress Susanne Klatten and three other wealthy women, persuading them to pay him almost \$12.64 million US under various false pretexts.

"I regret what I did," Sgarbi, 44, told the Munich court, with little

emotion. "I apologize to the women involved."

Klatten, a member of the Quandt family — the leading shareholders in carmaker BMW — went public last year with the story of how her lover secretly shot intimate footage and later demanded tens of millions of euros not to reveal it. Sgarbi's admission spares Klatten a court appearance.

The 46-year-old married mother of three had first met the Swiss army lieutenant at a health centre, state prosecutors said.

REUTERS



Stem cell limits lifted

Obama repeals restrictions set by Bush administration

U.S. President Barack Obama lifted restrictions on federal funding of human embryonic stem cell research yesterday, angering abortion opponents, but cheering those who believe the study could produce treatments for many diseases.

"We will lift the ban on federal funding for promising embryonic stem cell research," Obama said to vigorous applause at a White House gathering.

"We will also vigorously support scientists who pursue this research. And we will aim for America to lead the world in the

Progress made

- U.S. scientists said they have taken an important step toward making an artificial life form by making a ribosome — the cell's factory. The ribosome makes the proteins that carry out key business for all forms of life.

discoveries it one day may yield."

Shares of companies specializing in stem cell research burst upward on the news, with Geron Corp. up by as much as 35 per cent and

StemCells Inc. up 73 per cent at one point. Other related company shares rose, too.

The decision was a clear repudiation of the approach taken by Obama's predecessor, George W. Bush. U.S. law limits the use of federal money to make human stem cells, but Bush tightened the restrictions even further to include work using such cells.

Bush's decision prompted charges that he was basing his decision on politics and religion rather than science. Religious conservatives who sup-

ported Bush generally opposed embryonic stem cell research because it involves destruction of embryos, which they view as human life.

"When it comes to stem cell research, rather than furthering discovery, our government has forced what I believe is a false choice between sound science and moral values," Obama said. "As a person of faith, I believe we are called to care for each other and work to ease human suffering. I believe we have been given the capacity and will to pursue this research." **REUTERS**

Death of soldiers will not hinder peace process, Brown argues

NORTHERN IRELAND The killing of two soldiers by dissident republicans in Northern Ireland will not be allowed to derail the peace process in the British-ruled province, U.K. Prime Minister Gordon Brown said yesterday.

British troops would not be put back onto the streets of Northern Ireland, a senior military official said, as leaders tried to ensure that the worst attack in a decade did not reverse progress made since the Good Friday peace deal in 1998.

The IRA, which fought British rule for decades and drew support from the minority Roman Catholic community, and pro-British Protestant guerrilla groups agreed to

Backlash fears over killings

- A policeman was also shot dead in Northern Ireland late yesterday, a senior politician said, just hours after Prime Minister Gordon Brown's statement. No one immediately took responsibility for the slaying.
- The Real IRA carried out the deadliest single bombing of Northern Ireland's sectarian vi-

ceasefires under the 1998 deal.

The Good Friday agreement helped to greatly reduce sectarian violence, which has killed more than 3,600 people in Northern Ireland since the late 1960s.

Brown yesterday visited the army base in Antrim

where gunmen from the Real IRA splinter group killed the two soldiers, who had been due to deploy to Afghanistan.

Brown then held talks with Northern Ireland's political leaders in Belfast.

The Real IRA wants an end to British rule. **REUTERS**

Germany Evolution of Barbie



A teenager looks at a German Chancellor Angela Merkel Barbie doll, during an event at a department store in Hamburg yesterday. Barbie has chosen to honour and recognize Merkel as a very modern role model for girls around the world. The Barbie doll, which debuted on March 9, 1959, celebrated its 50th anniversary worldwide yesterday.

News in brief

CHINA Anti-riot forces are ready to extinguish any unrest in Tibet, a Chinese senior official said yesterday, while an overseas group critical of Beijing said 1,200 Tibetans remain missing after a security crackdown 12 months ago.

MILITARY Sri Lankan soldiers killed at least 180 elite Tamil Tiger fighters carrying out waves of counterattacks, and the pace of refugees fleeing the tiny war zone picked up speed, the military said yesterday.

MIDDLE EAST Hamas' popularity among Palestinians has risen sharply since a three-week Israeli war in January devastated the Islamist-ruled Gaza Strip, an opinion poll released yesterday showed.

REUTERS



KIMBERLY'S

TOTAL IMAGE

Health Canada approved Medical Laser services:

rosacea • acne • hair removal • wrinkles
skin tightening • photo rejuvenation

Free consultations!

We offer a full service Day Spa, complete with Massage Therapy, Aesthetics and Hair Salon.

435-3542 | 796 Main St, Dartmouth

LOCAL

Publisher, Greg Lutes
Managing Editor, Philip Croucher

Sales Manager, Dianne Curran
Distribution Manager, April Doucette

NATIONAL

Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart

Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk

Art Director, Laila Hakim
Interactive/Mktng Director, Jodi Brown

Comment & Views

Comment

Newt's economic 8-ball

InBusiness

Charles
Davies



When even Newt Gingrich has an opinion about the duration of the recession, you know economic forecasting is now officially as out of control as, say, U.S. mortgage lending was a year and a half ago. Reasonable people think we'll hit bottom anywhere from a few months to a few years out. Gingrich, a former House of Representatives Speaker and all-around gloomy anti-bailout Republican, thinks the U.S. won't be in good shape for three to five years.

But really, though, how long is it going to take be-

fore job losses, bailouts, falling share prices and slumping GDP numbers yield to good news? If history is any guide, Canada's economy should look a lot better by late 2010.

How do I know this? Well, the National Bureau of Economic Research in the U.S. records 32 economic cycles since 1854 — a cycle being the period from one peak of economic activity to another. On average, recessions last 17 months while periods of expansion are more than twice as long, typically 38 months. In the period from 1945 to 2001, during which the U.S. experienced 10 economic cycles, the numbers are more congenial. Post-war recessions average 10 months with growth periods running 57 months, perhaps a tribute to the economic management tools developed in the

wake of the Great Depression.

But let's be cautious. Using the broader, 155-year averages, and accepting the consensus that the U.S. economy peaked in December 2007, Americans should hit bottom roughly in May. Thereafter, we could see a gradual return to growth that tops out in about July 2012.

Canada, however, didn't peak until the third quarter of 2008, roughly nine months after the U.S., which suggests we may not even bottom until February 2010.

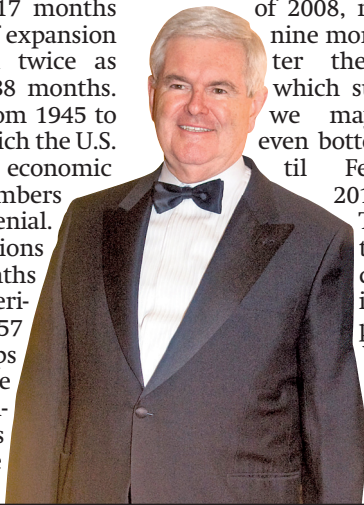
Then, things could improve briskly, paced by a U.S. econo-

my that's already in second gear.

Averages are just averages, of course. And other factors — our national economic dependence on commodities like oil and gas, for example — can make economic forecasting a mug's game.

As a fall back position, consider a doomsday scenario. With the sole exception of the Panic of 1873, when the collapse of the Northern Pacific Railroad triggered a 65-month slide in the U.S., the 43-month Great Depression is the worst North America has endured. Using that standard, the U.S. won't bottom until July 2011 and won't really be humming until late 2012. Which, come to think of it, is pretty much what Newt thinks will happen.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.



Views

Should faces be covered in court?



Alia
Hogben

metronews.ca

In a recent sexual assault case, the judge ruled that a woman complainant must show her face, even though she argued it was her religious right to wear the full face covering (the niqab).

The judge's decision was based on the fact she showed her face for her driver's licence, so her face can be seen by anyone who needs proof of her identity. The judge also said showing her face is necessary so the accused and their lawyers can assess her demeanour, with all the cues provided by facial and verbal expressions.

The judge's decision is being appealed to the Ontario Supreme Court. The On-

tario Human Rights Commission has asked for intervenor status at the court so it can explain religious rights.

This seemingly simple issue raises major issues about religious rights: The right of the accused, diverse interpretation of religious injunctions and religious/cultural accommodation.

Face covering is demanded by some extreme conservative Muslims, and the Toronto woman is choosing this conservative interpretation for herself, although this is not required in Islam.

The difficulty for someone like me is that I must respect the woman's choice and I cannot tell the woman she must show her face, and for all I know this particular woman is fully integrated into Canadian society.

I don't envy the Ontario Supreme Court judge who has to make this Solomon-like decision regarding the conflict between rights.

However, this conundrum goes beyond the courtroom.

There are some Muslims who are increasing the number of identity markers, for example the niqab, to create a distinct identity, which is leading to self-segregation.

Before I am lambasted, I acknowledge that I am generalizing when I say wearing the niqab creates a separation between a woman and all others — and may, in many instances, restrict full participation in Canadian society.

Surely we Muslims should be active participants because we cannot

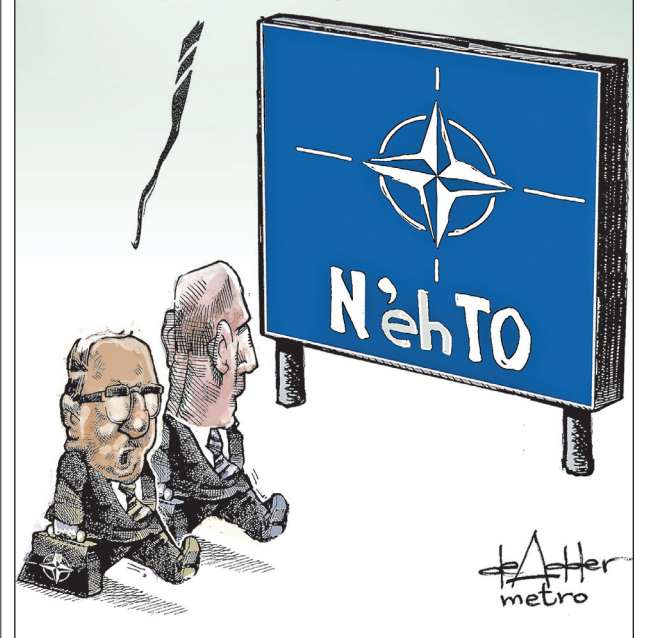
fight racism and discrimination nor demand changes if we are not involved as full citizens.

I don't envy the Ontario Supreme Court judge who has to make this Solomon-like decision regarding the conflict between rights.

I am sure the judge will consider the resolution of such cases may strengthen the more conservative elements within the Muslim communities and set precedents for the legal system.

Alia Hogben is the executive director of the Canadian Council of Muslim Women, an organization of believing women who value equality of all

HAVING A CANADIAN
AS SECRETARY GENERAL,
WILL CHANGE THE FACE
OF OUR ALLIANCE.



MICHAEL DE ADER

Online Chatter

Dziekanski's death affects everyone

Re: Poles in Canada and abroad following Dziekan-ski inquiry with anger, confusion (March 8)

I am Canadian, my family has been Canadian for five generations, originally from Scotland.

Dziekanski's death hits us all! Canadians (most) had given police unchallenged trust, the power to detain, arrest, shoot, Taser, club, jail and even kill if necessary as long as it is justified and in the line of duty.

We have seen the RCMP Complaints Commission under scrutiny, as well



as the police commission in B.C. where Dziekan-ski died at the hands of police.

Comments by username broadpowers

Officer's should be fired

Re: Poles in Canada and abroad following Dziekan-ski inquiry with anger, confusion (March 8)

What I am finding very difficult to accept is that four young, likely physically fit RCMP members were unable to restrain a single male who of course had a stapler.

As a retired police officer, we never had the luxury of having four members to restore order involving a single male, we never had all the present day equipment.

The four RCMP should be criminally charged and fired, we don't need this kind of crap.

Comments by username kojack

Metro does not verify the identities of online commentators. Comments may be edited for space. To comment on these and other stories, log onto metronews.ca.

Metro Online Poll Results

38%
SAID
YES

Has registering on the do-not-call list
cut down on your unsolicited calls?

Weigh in on today's question at metronews.ca

63%
SAID
NO

It's your turn to tell others what you think. Email your thoughts and opinions to: halifaxletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

The former CEO of the Caisse de dépôt et placement du Québec said yesterday he takes responsibility for some of the fund's \$39.8-billion loss last year. Henri-Paul Rousseau headed the fund from 2002 until he left in May 2008. **CBC NEWS ONLINE**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

The Profitable Power of Land
416.921.2830
1.888.671.9934
SYNDICATIONS CANADA INC.

EARN
12.5%
12 month term

Business in brief

LAYOFFS U.S. newspaper publisher McClatchy said yesterday it would cut 1,600 jobs, or about 15 per cent of its work-

force, in an attempt to deal with the faltering economy and a decline in advertising revenue.

REUTERS

\$50T lost worldwide: Study

MARKETS The global financial crisis slashed the value of financial assets worldwide by \$50 trillion US last year, a study commissioned by the Asian Development Bank (ADB) said yesterday.

Financial asset losses in developing Asia, which suffered more than any

other emerging markets, totalled \$9.6 trillion, or just over one year's worth of developing Asia's gross domestic product, the study said.

"The previous sense of strength and invulnerability is now gone," said the ADB-sponsored study.

REUTERS

U.S. fell off cliff: Buffett

Billionaire warns of inflation as economy makes recovery

Warren Buffett said yesterday the U.S. economy had "fallen off a cliff," but would eventually recover, though a rebound could kindle inflation worse than that experienced in the late 1970s.

Speaking on CNBC television, the 78-year-old billionaire said the country is experiencing a "close to the worst-case" scenario of falling business activity and rising unemployment, causing consumer confidence and spending to tumble.

Buffett called on Democratic and Republi-

can policymakers to set aside partisan differences and unite under the leadership of President Barack Obama to wage an "economic war" that will fix the economy and restore confidence in banking.

He urged policymakers and regulators to communicate their efforts better to the public, though he stopped short of specific

policy recommendations. "People are confused and scared," he said. "People can't be worried about banks, and a lot of them are."

Buffett spoke nine days after his insurance and investment company Berkshire Hathaway Inc. said quarterly profit fell 96 per cent, largely from losses on derivatives contracts. Berkshire's book value per share fell 9.6 per cent in

2008, the worst year since Buffett took over in 1965.

While praising efforts by Federal Reserve

chairman Ben Bernanke and others to stimulate the economy, Buffett said the economy "can't turn around on a dime" and that their efforts could trigger higher inflation once demand rebounds.

"We are certainly doing things that could lead to a lot of inflation," he said. "In economics there is no free lunch."

REUTERS

Service Directory

To advertise contact Pat Gallant at 421-5826

COMPUTER REPAIR

IFIXCOMPUTERS.CA



- On site service - We travel free within HRM.
- Brand names such as Dell, Acer, HP Toshiba, Compaq, LG and Lenovo
- Worry free Monthly Business service contracts
- Student discount with Student ID Card
- Weekly specials - Check our website

1153 Bedford Highway • (902) 832 1519 • 10-6 Mon-Sat

Receive
10% off
service work
when you
mention
this ad!

CHAT LINES

Fantasies Available!

Canada's **BEST** Adult Chatline

Live Talk 24/7

(800) 711-2525

1 ON 1 OR 2 ON 1!

Tip of the Day:

Where I was born and where and how I have lived is unimportant. It is what I have done with where I have been that should be of interest.

— Georgia O'Keeffe

UNDERCOATING

\$10.00* off Rust Check - March only!



Win 10 years worth of free Rust Check!

Draw Dec.22/09. Valued at \$1190 + tax. See store for details.

-- 2008 Winner is David Boutilier of Boutiliers Point! --

5677 Harris St., Hfx 429-2823

* must present this coupon. One coupon per vehicle. No cash value. Not valid with any other offer.

ADVERTISING



Get a lot out of a little ad space!
Contact Pat Gallant at 421-5826 to find out how Metro's Service Directory can deliver your message effectively!

RESIDENTIAL CARE

REAL RESIDENCE INC.

Private Residential Care Facility
Carrie Dauphinee
realresidenceinc@eastlink.ca

902-472-2320



PEST CONTROL

Total Pest Elimination Services

Residential & Commercial Pest Control for: rodents, bird control, fleas & other insects

902-221-2846 www3.ns.sympatico.ca/totalpest

DRIVING SCHOOLS

STOP Halifax Driving School

March Break course and Mar 15 Defensive Driving Course

Graduated Driver License approved Courses

Insurance approved courses • Convenient payment options

email: hfxdrivingschool@eastlink.ca **454-0672**

HEARING AID SERVICES

ANNIVERSARY SALE

FUREY HEARING AIDS

Established 1962

2 Digital Programmable Hearing Aids for \$1962.00*

You choose the style that fits your lifestyle. All fitting and follow-up fees included. Call for appointment.

902.435.0543
65 Eisener Blvd.
Suite 109
Dartmouth

No charge Hearing Tests | Repairs & Services
Housecalls upon Request | Batteries

*some conditions apply, see in office for details

MARTIAL ARTS & DANCE PROGRAMS

GRASSHOPPERS HOLDINGS LIMITED

Family Martial Arts • Pilates • Yoga • Kickboxing • After School Program • Salsa Dance • Social Dance •

New Classes Starting Every 8 Weeks!

455-4853 • 226 Waverley Rd., Dart. • www.grasshoppers.ca

The DAILY BUSINESS BUZZ

Etruscan Q1 report:

Etruscan Resources Inc. reported yesterday that its Youga Gold Mine in Burkina Faso, West Africa, poured 15,180 ounces of gold in the first quarter of 2009. Etruscan sold 16,160 ounces of gold, realizing gross revenues of \$ 11.7 million US.

'Apple Dome' gets \$4M:

Ottawa will invest \$4 million in Berwick's long-awaited "Apple Dome" project, West Nova MP Greg Kerr announced over the weekend.

Get the full stories delivered to your inbox every morning. Sign up today for the **DAILY BUSINESS BUZZ** nsbj.ca

Merck to buy Schering-Plough

DRUGS Merck & Co. Inc.

said yesterday that it would acquire Schering-Plough Corp. for \$41.1 billion US, uniting the makers of cholesterol drugs Zetia and Vytorin in the second megadeal for Big Pharma in weeks.

The two New Jersey-based drugmakers, which announced significant job cuts last fall, have been striving to become more efficient amid setbacks to Vytorin and Zetia, whose combined fourth-quarter sales slumped 26 per cent.

The transaction will generate savings of \$3.5 billion annually after 2011. It will also double the number of experimental medicines Merck has in late-stage development to 18, and diversify Merck's portfolio of medicines.

REUTERS

Interest rates/Savings accounts
METRO NEWS SERVICES

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	Scotia	TD
2.0%	0.2%	2.25%	2.5%	2.0%	1.85%	2.0%	1.75%	0.05%

Note: Please check bank websites as some rates require a minimum account balance.

business 9

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Bringing up baby

SmartCookies



Sooner or later, most parents will be looking for child care — whether it's daycare, a nanny, or (if you're lucky) grandparents. But which option will best fit into your daily routine and spending plan? Most parents will agree that it's tough to find quality care and make the most of your dollars.

Now if you can't find a full-time family member, daycare is often one of the most popular options. However, with daycare spaces being limited and waiting times averaging a year or more, it's a good idea to get on a list early.

But signing up at too



Daycare is generally a more affordable option if you have one or two children.

many daycares before knowing exactly what you want can be costly. Usually you have to pay a deposit, anywhere from \$20 to \$100, and you might not get this money back.

Daycare is generally a more affordable option if you have one or two children. For kids two years and older (depending on where you're located) it generally costs between \$700 to \$1,000 a month, for full-time, licensed daycare, five days a week.

Finding daycare for infants from six months to a

year can be more difficult and because of the increased need for staff, it's usually more expensive too. To keep costs down, you can look for a daycare that allows you to pack a lunch for your child.

You also need to consider the time it takes to drive to your daycare. If it's way off your route to work, you need to factor in gas costs and the hours of operation.

The total cost of a live-in nanny is about \$2,000 a month (depending on location). While their salary is usually around \$1,000 a

month, you'll also need to pay for their employment benefits and pension. Plus you'll need to have a spare room in your house. The plus side is you can deduct a portion of their room and board from their salary based on government guidelines. And if you hire through an agency you'll also have to pay the agency a fee, which can vary from a one-time placement fee to a percentage of their salary.

If you have a close friend or neighbour with kids you can nanny share and agree to split the costs of a nanny as some nannies will agree to look after up to four kids in one house. So if you can find a friend with one other child, you would cut the cost of a nanny in half.

For more on child care costs, hop onto smartcookies.com and visit the forum for new moms.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

ICICI Bank
Apply online: www.icicibank.ca

On the web

Columnists:

• Henry Choo Chong gets in to the dirty dealings of fraudsters in his Money Matters column. Visit metronews.ca

• Allan Small gives this week's market update, including some ideas for investors looking to regain footing. Visit metronews.ca.

insurance
464-4000

ITC Insurance Brokers Inc.
A second opinion is worth its weight in gold.
We have saved homeowners and businesses thousands of dollars on their insurance premiums.

Jack Churchill, BBA, FCIP, CRM
President
tel: 902.481.0700
133 Ilsley Avenue, Unit P, Dartmouth
Nova Scotia B3B 1T1

AIR CANADA VACATIONS

Discovering Europe



EARN 9,600 AEROPLAN® MILES PER MEMBER†

Each Air & Hotel package to Europe includes a round-trip flight returning one week after departure and 2 nights in a hotel¹

London

Round-trip flight • May 2, 3, 9, 10, 17, 24 & 31 • 1 wk.

and
Royal National Hotel • 3 ★
Breakfast • Standard rm. • 2 nts.

\$639

Taxes & fees: \$400

Madrid via Toronto

Round-trip flight • May 7, 8 & 18 • 1 wk.

and
Comfortel Suites • 4 ★
Breakfast • Standard rm. • 2 nts.

\$799

Taxes & fees: \$430

Paris via Toronto

Round-trip flight • May 4, 5, 11, 12, 18 & 19 • 1 wk.

and
Novotel Tour Eiffel • 4 1/2 ★
Breakfast • Standard rm. • 2 nts.

\$829

Taxes & fees: \$449

Frankfurt via Toronto

Round-trip flight • Jun. 1 • 1 wk.

and
Top Hotel Frankfurt • 3 ★
Breakfast • Standard rm. • 2 nts.

\$839

Taxes & fees: \$454

Rome via Toronto

Round-trip flight • May 3, 5, 20 & 24 • 1 wk.

and
Center 1, 2, 3 Roma • 3 ★
Breakfast • Standard rm. • 2 nts.

\$859

Taxes & fees: \$440

Zurich via Toronto

Round-trip flight • May 5, 11 & 13 • 1 wk.

and
Leoneck Hotel • 3 1/2 ★
Breakfast • Standard rm. • 2 nts.

\$949

Taxes & fees: \$459

BOOK BY APRIL 30, 2009 AND

SAVE \$200 PER COUPLE

on

any Air & Hotel package² to

DUBLIN ~ FRANKFURT ~ GENEVA ~ LONDON ~ MADRID
MUNICH ~ PARIS ~ ROME ~ ZURICH

VALID FOR TRAVEL FROM MAR. 1 AND COMPLETED BY OCT. 31, 2009.

aeroplan

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Prices in this ad are valid for bookings made between Mar. 10 & 14/09, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Halifax International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Halifax to Rome via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ²The two nights in hotel can be, but do not have to be taken consecutively. ³Visit aircanadavacations.com for more details. Conditions apply. Minimum 2-night stay per package. ⁴Aeroplan is a registered trademark of Aeroplan Canada Inc. ⁵Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

Taking out a loan for a renovation will improve your monthly cash flow and allow you to complete your project in one phase rather than multiple stages. **NEWS CANADA**

Spring Lending

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

'Do your research'

RAFAEL BRUSILOW
for Metro Canada



If you're a first-time buyer with a steady financial situation, you might be chomping at the bit to

catch a good deal in the current down market — just make sure you crunch the numbers first.

Jim Rawson, a regional manager with Canadian mortgage brokerage firm Invis, says the weak econo-

my has made real estate a buyer's market in most parts of Canada — and the spring and summer months could see a wave of buying, if bargains continue to make it onto the market.

Yet, the economy hasn't shown major signs of an upswing, so you should be wary of biting off more than you can chew.

Bottom line: Don't rush into anything, because you don't need to — do your research, take your time and shop around.

Rawson says the most important thing to do before setting out to buy a house is to get a pre-approval on your mortgage so you'll know exactly how much home you can afford.

"You don't want to go out looking for that first home without knowing how much you can afford to spend. A lot of home buyers will go out and find their dream home only to realize there's no way they could afford it," Rawson said.

If you need a little extra money for your down payment and you are a first-time buyer, you or your partner can take out up to \$25,000 per person from your RRSP for any reason related to buying a home — including covering closing fees, land transfer taxes or a down payment. You then have 15 years to repay the money back into your RRSP.

Gary Robertson, a financial adviser with Edward Jones, says you do have to be careful if you start dipping too deeply into things like RRSPs or emergency funds to buy your house, however.

"Don't stretch yourself to the limit — leave some wiggle room because you need to afford the expenses that come with owning a home.

"Utilities, property taxes, condo fees — all those things have to be added in and that could make the home not affordable," Robertson said.

Plan for the worst possible scenario and make sure you can adjust accordingly, as current interest rates can seem deceptively low.

"Be pessimistic about the future of interest rates. If you're paying 4 per cent now, you're probably going to be paying 6 to 7 per cent upon renewal of your mortgage," Robertson said.



Get mortgage advice wherever you are.

- Expert mortgage advice
- We come to you

Our Mobile Mortgage Specialists make getting a mortgage more comfortable.

That's because our Mobile Mortgage Specialists come to you. Days, evenings, weekends, whenever it's most convenient. We'll take the time to help you understand all of your options, and work with you

to get a mortgage that fits your unique situation. Most importantly, our work isn't done until you're entirely comfortable with your decision. It's expert mortgage advice, entirely on your terms.



To find a Mobile Mortgage Specialist today, visit www.tdcanadatrust.com/experts or call 1-800-974-2315



Canada Trust

Banking can be this comfortable

Barkley released after three-day sentence

Former NBA star Charles Barkley was released from an Arizona jail yesterday after serving a three-day sentence on a drunken-driving conviction. Barkley spent about 36 hours in jail after getting 12 hours of work release on Sunday and yesterday. **METRO NEWS SERVICES**

11

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA



Sharapova back for doubles

Three-time major champion Maria Sharapova will return to the WTA Tour this week after missing more than seven months by playing doubles at an event in Indian Wells, California. Sharapova, who has not played since pulling out of a tournament in Montreal last July with a right shoulder injury, will compete in doubles for the first time in nearly four years, teaming with Elena Vesnina.

METRO NEWS SERVICES

Canada bounced by Italy

Baseball team out of WBC after stunning home-turf loss

WORLD BASEBALL CLASSIC**Italy 6 Canada 2**

It's over. Team Canada, which captured the collective imagination of Canadian baseball fans with a great performance against the U.S. Saturday, bowed out of the World Baseball Classic last night with what was undeniably an embarrassing effort against Italy at the Rogers Centre.

Canada, let down by its pitching, was never in it against the underdog Italians, who scored four runs in the first four innings en

route to a 6-2 win that eliminated Canada from the double knockout global tournament. This was undeniably a bitter pill to swallow for the Canadians. They were playing with a great lineup in their home country. After losing 6-5 to the USA in a stirring game before 42,000-plus fans, the Canadians were expected to handle the Italians and advance to a do or die

game tonight against Venezuela. Was Canada looking past the Italians, a squad which manager Marco Mazzieri said was based mostly on "guys who play (in Europe) and have day jobs"?

Canadian manager Ernie Whitt insisted that was not the case. But Whitt left himself open for second guessers by

Justin Morneau shows his frustration.

**11**

Canadian runners left on base against Italy.

starting veteran minor leaguer Vince Perkins and saving Blue Jays starter Scott Richmond — considered Canada's ace — for a potential game against Venezuela.

"If we don't make it to (the Venezuela game), you can write I'm a bonehead for not starting Richmond," Whitt said for before the game. "Hopefully we'll be in a position where I won't look like a bonehead." Perkins led an onslaught of ineffective pitching, which saw six Canadian hurlers surrender seven walks and nine hits.

TORSTAR NEWS SERVICE

Carbonneau fired, Gainey takes over

NHL The Montreal Canadiens fired head coach Guy Carbonneau yesterday, and team general manager Bob Gainey will take over behind the bench.

Carbonneau was in his third season as head coach of the Habs. Viewed by many as one of the preseason favourites to win the Stanley Cup, the Canadiens currently sit in the fifth position in the Eastern Conference with 77 points, only two points ahead of ninth-place Carolina.

Gainey, who has served as the team's general manager since 2003, will take over as head coach for the second time in his tenure with the team. He also coached for



41 games in 2006 after firing Claude Julien, posting a 23-15-3 record in the regular season before being defeated in six games by eventual Stanley Cup champion Carolina in the first round.

Carbonneau led Montreal to a first-place finish in the conference during the 2007-08 season before a disappointing five-game series loss to Philadelphia in the second round.

In his two-plus seasons at the helm in Montreal, Carbonneau posted a 124-83-23 record in 230 games.

METRO NEWS SERVICES

Titan not heading to Newfoundland

QMJHL The Bathurst Titan are staying put. Owner Leo-Guy Morrisette announced yesterday the Titan will not move to St. John's, N.L., which had laid the groundwork to welcome the franchise to Mile One Stadium.

Morrisette said he is retiring and will sell the Titan to his daughter and son before the draft in June.

Sports in brief

RUGBY The Saint Mary's Huskies named Dawn MacDonald head coach of their rugby team yesterday. The Halifax native was a member of the national team in her playing days.

HOCKEY Dartmouth's Blake Gallagher of the Cornell Big Red was named to the Ivy League's second all-star team last week. The former Dartmouth Subways captain, a junior forward at Cornell, finished third in team scoring this season, producing six goals and 19 assists for 25 points in 29 games.

METRO HALIFAX**SCOREBOARD**

QMJHL
TONIGHT'S GAME
Montreal at Rimouski
TOMORROW'S GAMES
HALIFAX at P.E.I.
Saint John at Moncton
Quebec at Baie-Comeau

NHL
YESTERDAY'S RESULTS
Carolina 3 N.Y. Rangers 0
Ottawa 2 Toronto 1
Vancouver at Los Angeles

Dandridge dealt for Kebs' sniper

MATTHEW WUEST
matthew.wuest@metronews.ca

PBL The Quebec Kebs had a fire sale yesterday and the Halifax Rainmen did a little bit of shopping.

The Kebs, last in the Premier Basketball League's Atlantic Conference, shipped Michael Anderson, their leading scorer, to the Rainmen for

guard/forward Glen Dandridge.

They also dealt high-scoring forward John Rufus to the Manchester Millrats earlier in the day in what was trumpeted as the first in-season player transaction in PBL history.

Anderson, a six-foot-seven guard/forward, paced the Kebs with 17.7 points per game in 15 outings and averaged 6.0 re-

bounds. He wrapped up a four-year NCAA Division I career at Virginia Commonwealth last spring.

"He's a human highlight reel," said Rainmen owner Andre Levingston.

"He's athletic, he can play on the perimeter, he shoots the three very well and he can play in the paint. Our fans are going to find him very entertaining to watch."

Dandridge was one of the Rainmen's leaders in floor time early in the season under head coach Rick Lewis. But after Lewis was fired, his minutes began to dwindle.

He was averaging 11.9 points per game in 15 outings, but has just eight total points in his past five games and hadn't played more than 14 minutes in that stretch.

Touted as a three-point threat, he shot just .287 from beyond the arc.

"He wasn't that productive," Levingston said. "We're trying to make that last push for the playoffs. We saw an opportunity to make our team better and we pulled the trigger."

Levingston said Anderson will be used at the wing position to complement sharp-shooter Brian Silverhorn.

The Rainmen (9-7) visit the Buffalo Stampede on Saturday.



The Halifax Rainmen traded Glen Dandridge to the Quebec Kebs for Michael Anderson yesterday.



Alberta skip Kevin Martin signals to his team during play against Northwest Territories/Yukon at the Brier in Calgary.

Remaining hard to beat

MATTHEW WUEST
matthew.wuest@metronews.ca

CURLING Kevin Martin and Glen Howard continue to steamroll the field at the Tim Hortons Brier in Calgary.

Martin, the reigning national and world champion, and Howard, who won the same crowns in 2007, are tied atop the leader-board after three days of action with 5-0 records. Both posted wins in nail-biters last night to maintain perfection. Martin's Edmonton rink put two on the board in the 10th end to defeat 2006 Olympic gold-medallist Brad Gushue of Newfoundland and Labrador 5-4. Dating

back to last year's Brier, Martin has won 18 straight.

Howard lifted his Ontario rink to a 7-6 come-from-behind victory over Saskatchewan's Joel Jordison by scoring three in the 10th end on an incredible highlight-reel shot. Manitoba's Jeff Stoughton is next behind the co-leaders at 4-1.

Nova Scotia's Mark Dacey is 2-3 after a split yesterday. The Mayflower skip lost 10-7 to Russ Howard in the morning, then bounced back to beat Northern Ontario's Mike Jakubo 8-3 in the afternoon.

Dacey, the 2004 Brier winner, faces Quebec's Jean-Michel Menard this afternoon and Gushue in the evening.

TODD KOROL/REUTERS (CANADA SPORT CURLING)

Across^{the} Atlantic



The best of the Atlantic

Metro polled experts from the Q to get real story

MATTHEW WUEST
matthew.wuest@metronews.ca



Metro Halifax has determined the best and worst of the QMJHL's Atlantic Division in 36 categories, and will release 12 categories per day in a three-part series this week.

Today is our first installment. We polled the hockey operations staffs for all six teams in the division to determine the results, awarding three points to category

On the web

Full voting results:

The full voting for today's categories will be made available on Matthew Wuest's Q Files blog at noon today. Check it out on our website at www.metronews.ca/qfiles.

winners and one point to runners-up.

To eliminate bias, participants polled were not permitted to vote for players on their own teams.

Hardest Shot

Chris Doyle,
P.E.I.

Doyle, a goal-scoring forward, is a New York Rangers draft pick who already has an NHL-calibre shot.

RUNNER-UP: David Stich (Saint John).



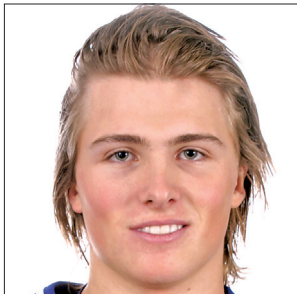
Chris Doyle

Fastest Skater

Simon Olsson,
P.E.I.

The 5-foot-7 winger came over from Sweden this season and has made a smooth adjustment with his speed.

RUNNER-UP: Four-way tie.



Simon Olsson

Best Import

David Stich,
Saint John

The Czech Republic native is the Sea Dogs' captain and a hard-shooting two-way presence on the blue line.

RUNNER-UP: Jan Stransky (Halifax).



David Stich



DAILY NEWS FILE PHOTO

Cape Breton Screaming Eagles captain Chris Culligan was given a great deal of praise from experts around the QMJHL.

Best Player

Chris Culligan, Cape Breton

The Screaming Eagles' captain and No. 1 centre is, simply put, Mr. Everything. He won an unprecedented seven categories in

this poll and was runner-up in three.

RUNNER-UP (TIE): Nicola Riopel and Olivier Roy.

Best Stickhandler

Chris Culligan, Cape Breton

Culligan is nifty with the puck and makes defenders look foolish.

RUNNER-UP: Michael Kirkpatrick (Saint John).

Smartest Player

Chris Culligan, Cape Breton

Always in the right place at the right time in all three zones.

RUNNER-UP (TIE): Spencer Jezegou (Bathurst) and Matt Eagles (Moncton).

Best Playmaker

Chris Culligan, Cape Breton

Big reason why three teammates will finish with more than 30 goals apiece.

RUNNER-UP (TIE): Benjamin Casavant (P.E.I.) and Joel Champagne (P.E.I.).

Best Over-Age Player

Chris Culligan, Cape Breton

Already voted best player, so logic dictates a win here.

RUNNER-UP (TIE): Robert Slaney (Cape Breton).

Best Goaltender

Nicola Riopel,
Moncton

He has the league's best goals-against and save percentage and the most wins. That pretty much says it all.

RUNNER-UP: Olivier Roy (Cape Breton).



Nicola Riopel

Best NHL potential

Simon Despres,
Saint John

The swift-skating blue-liner is a first-round prospect for June's NHL draft and could crack the top 15.

RUNNER-UP: Brandon Gormley (Moncton).



Simon Despres

Best on Power Play

Nick MacNeil,
Cape Breton

The Creignish native is a big, strong force along the wall and has great hands in front of the net.

RUNNER-UP: Chris Culligan (Cape Breton).



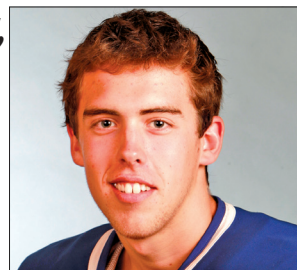
Nick MacNeil

Best Rookie

Brandon Gormley,
Moncton

At age 16, Gormley is already logging plenty of ice time on one of the league's stingiest defensive teams.

RUNNER-UP: Ben Duffy (P.E.I.).



Brandon Gormley

Quit smoking with help from your PDA

At pda.ahrq.gov/consumer/qscit/qscit.htm, you can sign up for a five-day countdown to prep you for the big day, plus support. It'll be sent to your PalmPilot or BlackBerry to keep you on track. **BEST HEALTH MAGAZINE**

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Recession stress

Catch signs early and seek out social support, say experts

DENISE SURETTE
for Metro Canada



Recession stress is affecting everybody. Whether you're a business owner, a student with a part-time job or unemployed — money is on everyone's mind.

There isn't much we can do about the recession, but we can change the way it affects us.

"During recessions, people recognize they're having difficulty with sleep

and appetite," says Dr. Eilenna Denisoff, team leader for the work stress and health program for the Centre of Addictions and Mental Health in Toronto. The centre is the leading Canadian research hospitals for mental health.

Losing your job is one of life's most serious stress factors, along with divorce, death of a loved one and relocating your family.

Making sure you stay mentally healthy during tough times is important to stay on top of your game.

Denisoff says to look for a few key indicators of stress in your self, or loved ones, to identify if they're

suffering from more stress than usual. Chest pain, using alcohol or drugs, difficulty sleeping or eating, rapid heartbeat and irritability — all are early

symptoms of stress.

Catching early signs of stress is important to save yourself from more serious problems down the road, such as anxiety and depression.

"Don't wait until it's too late, when work, sleep and relationships are suffering," says Denisoff.

So how do you deal with recession stress?

"Seek out social support, connect with friends, talk with friends and family that make you feel better, not worse," says Denisoff.

Exercise is also great de-stressor, says Denisoff. Besides the mood-elevating endorphins, exercise can



STOCK PHOTO

Chest pain, difficulty sleeping or eating and irritability are all symptoms of stress. Detecting these signs early is important.

be a great way to take your mind off your worries and improve your health and self-esteem.

If you or your partner are feeling the effects of work stress, support each other with small acts of

kindness.

"Acknowledge it's a stressful time in a gentle way," says Denisoff. "Offer to help prepare a meal or suggest a walk together, rent a funny movie or go out with friends."

Should you stay or should you go?

The J Spot

Josey Vogels

metronews.ca/thejspot

Collins suggests you ask yourself some tough personal questions before dragging someone else along for a ride to nowhere, such as: Why are you in the relation-

ship at all? What are you afraid of if you stay/go?

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

don't understand why everyone got so mad at Jason. Okay, so maybe The Bachelor shouldn't have proposed to Melissa on national television when he was clearly conflicted and had unresolved feelings for Molly.

But give the guy a break. He got caught up in the moment and convinced himself that a lifetime with Melissa was the way to go.

Relationship coach Susie Collins says Jason did the right thing by listening to his heart and not trying to make a relationship work that was doomed to fail.

Jason said there were warning signs telling him Melissa had similar characteristics to women he'd been with before — and those relationships hadn't worked out. These are good signs to heed, says Collins. Ask yourself if your partner is similar to those in past relationships that haven't worked out. In other words, are you making the same mistakes over and over again — only with different people?

And because there is some truth to that old adage: It's not you, it's me,

Sticks and stones may break your bones but osteoporosis doesn't have to.

Free Bone Density Screening

Please call (902) 406-4110 to book your appointment.

The Medicine Shoppe
PHARMACY

Proud Supporter of the
Alzheimer Society
Ask about our Alzheimers
Caregiver Program today.

When it Matters Most™

70 Lacewood Drive · Halifax, NS · Ph (902) 406-4110
www.medicineshoppe.ca

HEALTH FIRST
Chiropractic

Bring this ad
and receive a
complimentary
footscan valued
at \$50.00!*

We offer the following services that may relieve and correct your problem:

- Chiropractic Care
- Registered Massage Therapy
- Custom Orthotics
- Vitamins & Supplements

*Expiration March 31, 2009

**429-5098 Lower Level Scotia Square
Downtown Halifax**

Try Before You Buy.

Often, making the first step towards leading a fitness lifestyle can be intimidating.

At the Stadium we are confident you will discover what many in our community already have.

To get started with your fitness lifestyle call
252-4000 today!
www.thestadium.ca



The Stadium is where *You* **BELONG!**

7 DAYS FOR FREE!

Sample our:

- Co-ed Fitness Centre
 - The Women's Gym
 - Aquatic Centre
- and much more!



*Use for 7 consecutive days. Bring in this ad to redeem offer. Participant must be a new member, 19 years or older.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Coming home to retrain

Nova Scotia colleges see influx of workers eager for more secure Alberta energy jobs

JON TATTIE
for Metro Halifax



As the once red-hot Alberta economy cools off, laid-off workers are returning home to retrain in trades that will land them more secure positions, according to Nova Scotia colleges.

Jamie Hilts of Nova Scotia Community College said overall application levels are steady compared to last year, but key areas have seen dramatic spikes. That's especially true at NSCC's Marconi campus in Sydney, where local layoffs have added to the ranks of

those looking to retool their careers.

"We're seeing the returning people from Fort McMurray applying for programs like welding, metal fabricating and plating and instrumentation programs," Hilts said. "There are still lots of jobs within the energy sector in Alberta, but they are looking for the most secure jobs."

He's hopeful some of the workers will stick around, but suspects the lure of the West will prove too strong. The metro Halifax campus is overflowing with would-be students. Health-care courses have

"We're seeing the returning people from Fort McMurray applying for programs like welding, metal fabricating and plating and instrumentation programs."

Jamie Hilts, Nova Scotia Community College

731 applicants for a total of 94 spaces; the electrical construction program has 400 applications for 44 spots; 213 people want into the 44 seats in the carpentry program.

NSCC turned away 2,000 fully qualified applicants last year, and that looks set to rise in 2009.

"We can only expand if we have the resources to

do so," Hilts said, adding that the college is looking at creative ways to increase capacity.

Meanwhile, Debra Johns at CompuCollege can't find enough learners for an industry desperate for workers. "One thing we find puzzling is there's a huge shortage for trained workers in the IT industry," she said.



ROSS LAND/GETTY IMAGES

In this file photo, a welder joins sections of pipeline. Welding is among the programs being flooded by returning workers who want to get better jobs in Alberta's energy sector.

"We can't fill the job orders that are coming into our door. If we had 400 people today, there would be a job for everyone of them."

The college, which has seven campuses across Atlantic Canada, has seen a rise in interest in the health-care professions and a run-your-own-business course. The latter pointing to an increase in people decided to start their own company. "There is no shortage of

work," Johns said.

She's watching the money from the federal budget pour closely. It's pouring millions of dollars into training, via Service Canada. That means more people on EI will have government backing to retrain, which is good news for colleges.


Life at the universities seems steady, however. "There's really been no blip one way or the other," said Scott Roberts at Acadia University in Wolfville.


You belong at Acadia.

Visit once and see.

EXPERIENCE ACADIA

Full-day information sessions. Friday, March 13, & 20





REGISTER ONLINE AT

<http://4u.acadiau.ca>

CONSIDER A CAREER THAT MAKES A DIFFERENCE

We're offering a 2-year Diploma in Early Childhood Education



Call today to attend an information session

2326 Brunswick St., 2nd Floor
Halifax, NS B3K 2Z3
Phone: (902) 423-7114
info@nscece.ca
www.nscece.ca



NOVA SCOTIA COLLEGE OF
EARLY CHILDHOOD EDUCATION
Formerly St. Joseph's College of ECE

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on April 14.

'Unbelievably awesome'

RICHARD REESH WOODBURY
for Metro Halifax

From the moment Tara MacDonald set foot on a film set, she knew she found her career.

"It was so unbelievably awesome and I was like, this is exactly what I want to do," she says. MacDonald is now the head of Charlie Mac Productions, a Dartmouth-based film and video production company launched in 2007.

The on-set experience was completely different than her previous experience working in an office, where "everybody was their own department and nobody talked to each other."

MacDonald says the crew had a sense of camaraderie and shared vision.

"Everybody was working towards one common goal and that was to get the film done," she says. "But they were all trying to do their own jobs and be helpful at the same time."

Charlie Mac produces short films and music



The staff of five Nova Scotians that make up Charlie Mac Productions produces short films and music videos for television, film/video, and the web.



PHOTOS BY CHARLIE MAC PRODUCTIONS

videos for television, film/video and the web. The company is also collecting scripts for a feature film and just launched a monthly vodcast on YouTube. This will help promote the company and allow people worldwide to see the content.

The content is produced locally and shot throughout the province by its

staff of five Nova Scotians.

MacDonald's career in filmmaking combines all of her educational experiences. She has a BA from Trent University, a bachelor of business administration from Mount Saint Vincent University, and she has almost finished the digital filmmaking program at the Centre for Arts and Technology.

"I haven't completed that program because the business started to take off and I had to defer for a year," says MacDonald.

She credits the arts degree with teaching her how to work with different personalities and credits the business degree for helping with the production side of things, such as obtaining financing, pulling in proj-

ects and solving problems.

Putting what she learned in the classroom and using it in the real world makes her former school proud.

"It's wonderful to see students succeed and there's no doubt we feel a sense of pride that we have played a role in their future endeavours," says Peter Mombourquette, a professor at Mount Saint Vin-

cent. "When one of our students succeeds, the entire Mount community celebrates with them."

MacDonald is happy how things have turned out. "I love doing it," she says. "I don't mind working 16-hour days on set because what I love about this is that it really speaks to me. I'm completely passionate about it."

Université
Sainte Anne
HALIFAX

*Intensive and Intensive +
French as a Second Language*

Spring-Summer 2009

Spring-Summer 1 From May 4 th to June 5 th	Spring-Summer 2 From June 8 th to July 10 th	Spring-Summer 3 July 13 th to August 14 th
Location: Halifax Campus, 1589 Walnut St. Halifax		
Cost: (Intensive) \$350*/week or \$1,575* for each full 5-week program		
(Intensive+) \$525*/week or \$2,450* for each full 5-week program		
Time: Monday to Friday, 8:15AM to 3:30PM.		
*Price does not include textbooks – estimated cost : \$75		

FOR INFORMATION

Call us at (902) 424-1164 or email fls@usaintanne.ca



THE FUTURE... IT'S IN YOUR HANDS

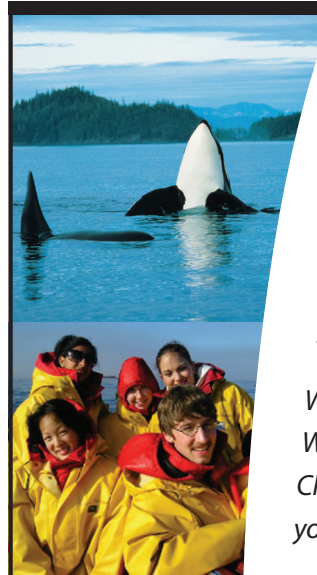
ICT Schools has over 30 years of high standards, sought after grads, and community on-the-job experience. Even extend your education with transferable science degree credits – make your tuition go twice as far.

Meet with an admissions officer to learn more about a career in massage therapy.

ICT Schools

Open House:
Sunday April 26th 1 - 4pm
902.425.2869

Northumberland College, 1888 Brunswick St, 5th Floor
www.ictschools.com



LEARNING comes from more than BOOKS

Whale watching in Tofino — Sightseeing on Whistler/Blackcomb — Climbing the Squamish Chief — are just a few of the ways we teach, and you learn, in beautiful British Columbia.

Tourism & Outdoor Recreation

Find out how you can turn your *passion* into a lifelong career: combine work with meeting people from around the world, travelling or living life in the great outdoors.

- Destination Resort Management
- Outdoor Recreation Management
- Tourism Management
- Tourism Management for Internationals
- Wilderness Leadership

For more information:

E-mail: tourism@capilano.ca

Web: www.capilano.ca/tourism

Campuses in North Vancouver, Squamish and Sunshine Coast, BC.

CAPILANO
UNIVERSITY

G R E A T T E A C H I N G . G R E A T P R O G R A M S . G R E A T F U T U R E .

Pamela Anderson accidentally flashed her breasts while walking for Vivienne Westwood in Paris. The actress and model suffered a wardrobe malfunction on the runway, as her black dress slipped down to reveal her nipple to a shocked audience, reports the Daily Mail. FEMALEFIRST.CO.UK

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



New neighbour

The CW has reportedly signed a deal for Ashlee Simpson-Wentz to move into Melrose Place. She plans to return to TV as a small-town girl who arrives in Los Angeles with a big secret. PEOPLE.COM

The business of new music

More than 500 musicians from around the globe hit the stage at Canadian Music Week

IAN NATHANSON
for Metro Canada



Among the hundreds of bands, solo artists and such who congregate at Canadian Music Week festivities each year, all share one common premise: Getting noticed — by the right people, in the right place, at the right opportune moment.

And if attempts to stand out in a crowd of some 500 Canadian, U.S. and international artists sound too daunting a task, CBC Radio 3 personality Grant Lawrence suggests a much simpler approach to the four-day music festival, which runs tomorrow through to Saturday: The networking opportunities are just too good to pass up.

"Instead of just having artists constantly touring, which can get to be very expensive, CMW brings the industry all together in one city as a one-stop shop of panel discussions, live showcases and meetings with the music industry folk," says the Vancouver-based Lawrence, whose satellite radio programs and podcasts for CBC Radio 3 offer one of the few strong

Canadian Music Week



CBC Radio 3 host Grant Lawrence, above, says CMW can be a stepping stone to other festivals. It's also an opportunity for acts like Halifax's Jenn Grant, right, to show her stuff.

mediums in Canada to promote independent talent.

You could be any one of West Coasters Vancougar, East Coasters Hey Rosetta! or already famous names — Sloan, Burton Cummings or Anvil — showcasing, curiously witnessing unfamiliar acts, schmoozing with record label execs or taking part in panel discussions with radio industry folk.

Lawrence also points out that CMW can often be utilized as a stepping stone to



appearing at other prestigious music festivals such as South By Southwest (SXSW) in Austin, Texas or New York City's CMJ Music Marathon.

"It can only have a positive effect for those participating, so it's practically a necessity to be there," Lawrence says.

From the perspective of performers, fresh-faced talent should make the most of the networking aspects CMW offers, according to

broadcaster, researcher and former Canadian bureau chief of Billboard magazine Larry LeBlanc.

"You need to target a booking agent and a manager with two or three artists ... and try to find acts that stylistically complement with what you do and suggest a co-venture," LeBlanc says.

For the music fan, the plethora of talent appearing at CMW would go against the grain of report-

ed suggestions that the music industry is on its death knell. In this Internet-friendly era, the added power of online promotion — whether aided by Lawrence's shows, worldwide exposure via YouTube and MySpace or mere chats between friends — assures the likes of Edmonton's quirky pop-rockers Hot Panda establish as loyal a fan base as Montreal trip-rock duo Beast.

"A lot of people out there

would be quick to say that the music today is worse now than it was years ago. I have a problem with that belief," LeBlanc says. "If you look hard enough, there's a ton of great music being made."

Atlantic Canada at CMW

- Hey Rosetta! (St. John's)
- Jenn Grant (Halifax)
- Ruby Jean & The Thoughtful Bees (Halifax)

U2 top U.K. album chart for 10th time

MUSIC Irish band U2 leapt straight to the top of the British album chart with No Line on The Horizon, the fastest selling album of the year so far.

The band's album, expected to be one of the pop world's biggest in 2009, was their 10th to top the British chart.

Only the Beatles and Elvis Presley have had more number one albums in Britain. The Beatles' tally stands at 15 and Presley's at 11.

Besides U2, only the Rolling Stones and Madonna have had 10 number one albums.

No Line on the Horizon is U2's first album in more than four years.

REUTERS

DVD picks

Rachel Getting Married

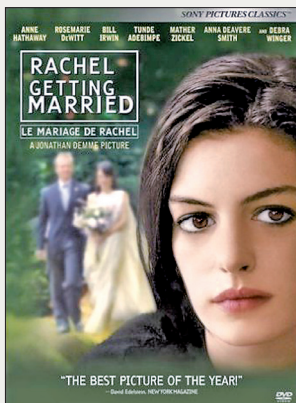
Director: Jonathan Demme

WEDDINGS MAY be festive occasions but they're not always happy ones.

Especially in the case of a Connecticut family whom director Jonathan Demme and screenwriter Jenny Lumet invite us to view like buzzards circling roadkill.

Rachel (Rosemarie DeWitt) is the bride, but there's an awkward thorn in her bouquet. It's sister Kym (Anne Hathaway), who emerges from rehab just before the big day, demanding to be maid of honour and bent on making a scene.

The more serious threat to harmony is the past tragedy that hovers over



the clan.

There's not a whole lot of story here, but the slowly revealed family history is like a festering wound. Hathaway's brilliant performance justifiably earned her an Oscar nomination.

Rachel Getting Married is like life: always moving, forever unpredictable and

forever getting in the way of best-laid plans.

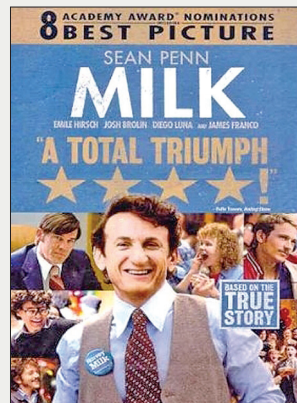
Extras include two commentary tracks, deleted scenes, a case and crew interview and a backstage featurette.

Milk

Director: Gus Van Sant

TWO REMARKABLE transformations are at the heart of Gus Van Sant's affecting portrait of Harvey Milk, the slain 1970s San Francisco politician and civil rights icon.

First and foremost is Sean Penn's title performance, which recently won him his second Oscar. Here he's hope personified, easily adopting his subject's ready smile and very much resembling the first openly gay politician in Califor-



nia's history.

The other impressive transformation is director Van Sant.

As a gay man himself, Van Sant might have been expected to elevate his subject beyond the near-saint-hood status accorded him from his 1978 assassination at the hands of a deranged fellow politician.

Instead he takes the more honest and dramatically satisfying route. He astutely uses documentary footage to remind viewers of how unliberated the 1970s really were.

But he leaves Penn's magnetic empathy to speak for itself. The actor portrays Milk as a flawed and self-interested man for whom personal epiphany came slowly, but who experienced a history-altering "road to Damascus" moment when it did.

Josh Brolin (Oscar nominated for the role of Milk's assassin), James Franco, Emile Hirsch and Diego Luna join the stellar cast. Extras include deleted scenes, plus three featurettes that further illuminate Milk's life and continuing influence. **TORSTAR NEWS SERVICE**

Martha Stewart's puppy dies in blast
Martha Stewart is mourning the loss of her beloved Chow Chow, Ghenghis Khan, who died in a deadly propane explosion at a kennel in Pennsylvania on Friday. [USMAGAZINE.COM](#)



RIGHT This Hour Has 22 Minutes cast members Gavin Crawford (from left), Mark Critch, Cathy Jones, and Sean Majumder at the Salt Truck Follies



LEFT Live Art volunteers Amanda Freamo and Erica Ryan at the Salt Truck Follies fundraiser

RIGHT Sophie Fong and Peter Zupan on the dancefloor at Winterlude 2009.



Hoops & dreams

RIGHT X-Men fans Emily McPherson and Maria Konchalski in town for the AUS basketball tournament.



HalifaxScene

Jamie Paterson

[metronews.ca/halifaxscene](#)

GAME ON It was March Madness time last week with the Atlantic University Sport men's basketball tournament at the Metro Centre. On Saturday night it was all about the arts as I checked in to the Salt Truck Follies at Halifax Grammar School. The evening of comedy and dance raised money for Live Art Dance and their continued programs. Jazz took over at Pier 21 in Halifax for Winterlude 2009, where performances and auctions raised money to make sure music continues to ring through the halls of our public schools.

When he's not making The Scene, Jamie Paterson hosts The Drive and The Beatlebrunch on KOOL FM in Halifax; halifaxletters@metronews.ca.



ABOVE Alan Sloan and Maya Brown at the Live Art Dance fundraiser at Salt Truck Follies.



ABOVE Diane Moore Creation Scholarship winner Megan Matheson with Craig Hamilton at the Salt Truck Follies.

Watchmen No. 1 around world

BOX OFFICE Watchmen easily finished No. 1 at the weekend box office overseas, mirroring its North American bow. Director Zack Snyder's superhero fantasy, the first big worldwide launch of 2009, grossed an estimated \$27.5 million from 45 markets.

REUTERS

In brief

FILM Tracy Morgan and Martin Lawrence are joining Chris Rock in a remake of the ensemble comedy Death at a Funeral.

REUTERS

AUDITIONS CBC Television's Dragon's Den is holding auditions for its fourth season. Visit [cbc.ca/dragonsden](#) for audition information and locations.

METRO NEWS SERVICES

GlobalStyle

Kenya Hunt

Read Paris Fashion Week reviews, exclusively at [metronews.ca/globalstyle](#)

For complete online movie listings, trailers, reviews and tickets, visit: [metronews.ca/movies](#)

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/10/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Homeland Security USA	Scrubs	Scrubs	Primetime: You
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Reaper (HDTV) (N)	CBC News: The National	Comedy Now Jean Paul.	The Hour	Without Trace
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	Wild Roses (N) (DVS)	CBC News: The National	Comedy Now Jean Paul.	The Hour	Without Trace
	2	2	2	CBC-F	Terre humaine	Pyramide (SC)	Virginie (SC)	La Factice	Providence (HDTV) (SC)	Roxy (SC)	Roxy (SC)	Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	NCIS "Heartland" (HDTV)	The Mentalist (HDTV)	The Mentalist (HDTV)	Without Trace
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Les Gags	Star Académie:	La Factice de la danse (SC)	La Promesse (HDTV) (SC)	TVA 22 heures	News (N)
	6	6	6	CIHF	Entertainment	ET Canada	90210 "By Accident"	NCIS "Heartland" (HDTV)	Project Runway Canada	Project Runway Canada	News (N)	News (N)
	9	9	9	CJCH	etalk	Hollywood	Law & Order: SVU	American Idol (HDTV) Top 12 finalists perform. (Live)	American Idol (HDTV) Top 12 finalists perform. (Live)	EastLink Television	EastLink Television	News (N)
	10	10	10	ELTV	(6) EastLink Television	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	Podium TV	Podium TV	News (N)
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	American Idol (HDTV) Top 12 finalists perform. (Live)	The Biggest Loser (N)	The Biggest Loser (N)	Fox First
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	The Hour	CBC News: The National	CBC News: The National	Law/Ord SVU
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour	CBC News: The National	CBC News: The National	Twelve
	4	4	4	PBS-B	NewsHour With Jim Lehrer	NewsHour With Jim Lehrer	Greater Boston	Viewer Favorites	The Hour	CBC News: The National	CBC News: The National	Twelve
	35	35	35	PBS-D	NewsHour With Jim Lehrer	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Company of Voices: Conspir	Great Performances	Great Performances	110 pour cent
	68	68	68	TQS	(6:30) Le Retour (SC)	Catherine (SC)	Pop Corn	Dirty Sexy Money (SC)	Men in Trees: leçons	Men in Trees: leçons	Men in Trees: leçons	110 pour cent
	23	96	96	BNN	Business News	Headline	Market Call	Commodities	Workopolis TV	Business News	Squeeze Play	Market Call
	18	18	18	CNN	Situation Room-Wolf Blitz	Lou Dobbs Tonight	Lou Dobbs Tonight	Campbell Brown: No Bias	Campbell Brown: No Bias	Larry King Live	Larry King Live	Cooper 360
	54	54	54	GOLF	Golf Central	Top 10	Lessons	Inside PGA	The Approach	Top 10 (N)	Top 10 (N)	Top 10
	52	52	52	RSE	(6) Baseball World Classic -- Teams	TBA. (Live)	Cabby Unlimit	Court Surfing	Sportsnet Con.	Baseball: World Classic	Sportsnet Con.	Baseball
	55	55	55	SCOR	Hockey Talk	Game On	Wizards-Place	Latest Buzz	Wizards-Place	Latest Buzz	Wizards-Place	Score Tonight
sports	45	45	45	SPD	Unique Whips	Off the Record	SportsCentre	That's Hockey!	Interruption	Curling Tim Hortons Brier -- Draw 11.	(HDTV) (Live)	Hot Import
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	Interruption	Curling Tim Hortons Brier -- Draw 11.	(HDTV) (Live)	(HDTV) (Live)	Hot Import
	43	43	43	FAM	Yoei 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Ned's School
	44	44	44	TOON	Ben 10: Alien	Johnny Test	Totally Spies	Han. Montana	6TEEN	6TEEN	Futurama	Robot Chicken
	26	26	26	TREE	Ni Hao, Kai-lan	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Comfy Couch
	27	27	27	YTV	Drake & Josh	iCarly	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Falcon Beach
	16	16	16	A&E	Cold Case Files (HDTV)	CSI: Miami (HDTV)	CSI: Miami (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	Manhunters
	70	70	70	APTN	News	106 & Park: BET's Top 10 Live	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Fish Out	Caution: Nuts
	50	50	50	BET	106 & Park: BET's Top 10 Live	Street Legal	Canadian Guitar Quartet	Live at the Rehearsal Hall	Johnny Cash Live at Montreux 1994	Johnny Cash Live at Montreux 1994	Johnny Cash Live at Montreux 1994	Baldwin Hills
	37	37	37	BRVO	Street Legal	Carrie Underwood One on One	Carrie Underwood One on One	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith
family	25	25	25	CMT	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas	The Simpsons	South Park	S. Silverman
	153	153	153	COURT	Killer Next Door	Destroyed	World's Wildest Police Videos	Daily Planet (N)	Cops Uncut	Dumb Criminal	Code Red: Moment of Survival	Police Videos
	38	38	38	DISC	Destroyed	Destroyed	Daily Planet (N)	How It's Made	How It's Made	Destroyed	Time Warp	Combat School
	34	48	48	HGTV	Holmes on Homes	Holmes on Homes	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.
	46	46	46	HIST	Crime Stories	NCIS	NCIS	Ultimate Engineering	Ultimate Engineering	Crime Stories	Crime Stories	NCIS
	17	17	17	MM	disBand (N)	Technical Diff.	Degrassi: TNG	Instant Star	Paris Hilton's British Friend	Paris Hilton's British Friend	Paris Hilton's British Friend	Degrassi: TNG
	19	19	19	MMM	MusicProfile	mmmtop10.com	Where You At	Popaganda	Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons
	201	201	201	M1	Still Life (2007, Comedy) Alex Ivanovici.	Legacy (2008, Comedy-Drama)	Survivorman	Mantracker	Mantracker	Mantracker	Mantracker	Bounty Hunter
	48	23	23	OLN	American Gladiators	Seinfeld	Friends	House-Payne	House-Payne	Lethal Weapon 4 ★★ (1998, Action)	Mel Gibson, Danny Glover.	Bounty Hunter
	51	51	51	PEACH	(6:30) Dark City (1998)	(8:15) Taken ★ (1998, Suspense) Dabney Coleman.	Monty Python's The Meaning of Life	Monty Python's The Meaning of Life	Monty Python's The Meaning of Life	Monty Python's The Meaning of Life	Monty Python's The Meaning of Life	Monty Python's The Meaning of Life
cable variety	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	RDI en direct
	39	39	39	SHOW	Wife Swap	The Outer Limits	24 Heures en 60 minutes	Mutant X	Testees	Trailer Park	Trailer Park	The L Word
	40	40	40	SLICE	The Mom Show	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Rich Poor	Rich Poor	Rich Poor	Rich Poor
	47	47	47	SPACE	Stargate SG-1	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	Ultimate Knockouts 3	Ultimate Knockouts 3	Ultimate Knockouts 3	Destin. Truth
	14	14	14	SPIKE	CSI: NY (HDTV)	etalk	Hollywood	The Ellen DeGeneres Show (N)	TMZ (N)	etalk	etalk	DEA (N)
	57	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)	TMZ (N)	etalk	etalk	etalk	Tonight Show
	21	21	21	TLC	What Not to Wear "Kim"	Kids by the Dozen	Kids by the Dozen	17 Kids-Count	17 Kids-Count	17 Kids-Count	17 Kids-Count	Toddler-Tiara
	56	34	34	TROP	What Happen?	What Happen?	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Family Guy
	20	20	20	TV5	Que.-champion	Journal de Fr2	Change	Caméra café	Petit et grand pandas	Nicolas le Floch	Nicolas le Floch	Facteur
	28	28	28	V	Doc "Queen of Denial"	Murder, She Wrote	Murder, She Wrote	Chambers	On the Buses	Quantum Leap	Quantum Leap	I Prophecy
cable variety	60	97	97	VIVA	Mysterious Ways	Judging Amy	Judging Amy	Missing	Missing	Missing	Missing	Encounters
	22	22	22	W	Style by Jury	Style by Jury	Will & Grace	Friends	How to Look Good Naked	Style by Jury	Style by Jury	Good Naked
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	Reaper (HDTV) (N)	90210 "By Accident"	90210 "By Accident"	WGN News

critics'corner

Wild Roses

And up from the ground come a-bubblin' crude. Oil, that is. Black gold. Texas tea. OK, Alberta tea, in this case. Will (Steve Byers) drops a bomb-shell on the Henrys: Yes, there is oil under Rivercross. Now the question becomes, how should they get it out? And for that matter, should they? Gary Hudson and Adam MacDonald also star in the new episode "Boom and Bust." 9 PM on CBC



Twelve

Being 12 years old is difficult. So is moving to a new country. Now combine the two. In this new documentary, Lester Alfonso, who came to Canada from the Philippines at age 12, interviews 12 other people who also arrived here at that age. They share stories both joyful and painful, remembering how the heightened emotions that come with puberty. In the process, Alfonso finds himself confronting some painful memories of his own. 11 PM on NW

Combat School

Unless you've been in the army, you probably don't know much about how it works. This new series will change that. It gets up close and personal with members of Royal Canadian Regiment infantry company as they train in Ontario, Ottawa and the U.S. Southwest for a tour of duty in Afghanistan. 11 PM on DISCOVERY



Kylie Minogue, who is currently filming a Bollywood movie in Mumbai, is hotly tipped to headline the Sound Relief benefit shows in Sydney and Melbourne for the victims of bushfires and floods in her native Australia this weekend. **FEMALEFIRST.CO.UK**

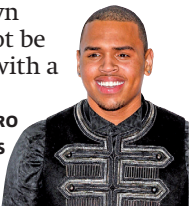
Celebrity Buzz

Chris Brown to cut a deal?

LEGAL Now that he knows what charges he's facing, Chris Brown reportedly wants to cut a deal with prosecutors in the case over his alleged assault of Rihanna.

Sources tell TMZ Brown would be willing to enter a plea deal, but only to a misdemeanour and with no jail time. The sources say legal consultants have suggested that Rihanna's own aggression during the February incident mean that Brown should not be charged with a felony.

METRO
NEWS
SERVICES



Kanye and Kelly doing Idol duet

CAREER Grammy winner Kelly Clarkson will be dropping in on her TV alma mater, American Idol — and bringing a superstar friend along: Kanye West. Clarkson and West will share the stage as performers during Wednesday's elimination show, popeater.com reports.

West, making his first appearance on the Fox series, will perform Heartless from his latest album 808s & Heartbreak. Clarkson, the original Idol, will sing My Life Would Suck Without You, off her new album that drops today.

METRO NEWS SERVICES



Eva serves up charity dinner

PEOPLE Eva Longoria is set to take on a new job: Waiting tables. The Desperate Housewives star will don an apron as part of a charity event to benefit the New York Rescue Workers Detox Project, helping emergency workers who were injured during 9/11, according to Hollyscoop.

As a prize in the charity auction, Longoria will cater a meal for 12, which will be donated by her restaurant, Beso. Bidding for the fancy dinner shot up to \$37,500 after her name was attached.

METRO
NEWS
SERVICES



'He will hit you again,' Oprah warns Rihanna

SCANDAL Oprah Winfrey gave a stern warning to Rihanna, who has taken back Chris Brown (who has been charged with two felonies for assaulting her last month), us-magazine.com reports.

"Both Chris Brown and Rihanna, if I were your friend, I'd call you up and say, 'Give it some time. Get yourself some counsel-



ing. Take care of yourself. Heal yourself first," said Winfrey, who will dedicate a program this week to discussing domestic violence for "all the Rihannas of the world."

Looking directly into the camera, Winfrey added during Friday's episode of her talk show, "If a man hits you once, he will hit you again. He will hit you again."

Echoed Gayle King, "If you guys want to get back together, I'm OK with that. But at least take some time. I am so worried she is sending the wrong message to the young fans. And him, too!"

On Friday, us-magazine.com reported that Rihanna will testify in the Brown case, if required. "She is planning to do everything that the law requires her to do," her lawyer Donald Etra told Us. "If she is required to testify, she will do so."

METRO NEWS SERVICES

Amy's comeback derailed

CAREER Amy Winehouse has hit a hurdle in her hopes for a musical comeback, people.com reports.

The troubled singer, 25, has been forced to cancel her appearance next month at California's Coachella Music Festival because of the charges she faces in London over an alleged assault last September.

Denying that she has actually been denied access to the U.S., her rep Chris Goodman does confirm to People, "She cannot go be-

cause of current legal issues."

She has, however, been confirmed as a major act at a 50th birthday celebration of her British record label, Island, on May 31.

It is believed that Winehouse, who has been settling into her new home after her lengthy Caribbean vacation, had begun the process of getting

a work visa for Coachella but had yet to make a full application. Her London court date is March 17.

When she answered police bail last week and was formally charged, her management assumed that her legal case would not "be sorted out in time" for her to make the music fest.

METRO NEWS
SERVICES



I'm a weight loss 'sell-out': Seth

PEOPLE Seth Rogen has tantrums when he can't eat, femalefirst.co.uk reports.

The Knocked Up star has shed 30 lbs for his role in the new comic book adaptation of The Green Hornet — in which he plays the crime-fighting vigilante of the same name — but doesn't think he will be able to maintain his new figure when filming ends because dieting has made him so emo-

tional.

"I lost the weight for a role, but I don't know if I'll keep it off. That's the big question. I have a lot of tantrums. I want my food. I cry for no reason," he said.

The actor is adamant he wouldn't have lost the weight if the role didn't require it and admits he feels like a "sell-out" for trying to alter his body shape.

He recently said: "I'm sell-

ing out guys. It's the lamest thing ever. It's for The Green Hornet — the only reason. There's no other reason."

Despite winning praise for his new figure, Seth has previously insisted his long-term girlfriend Lauren Miller is indifferent about his new look: "She's stuck by me through thick and thin — literally! She claims she doesn't like me any more now than when I was heavier, but I think that's completely not true."

METRO NEWS SERVICES



Ferrets a turn-off for Jennifer

PEOPLE Jennifer Aniston would never date a man who owns a ferret, femalefirst.co.uk reports.

The Marley and Me actress, who is currently romancing musician John Mayer, would be horrified if she discovered a prospective suitor kept the furry creature at his home.

When asked if there

was a nightmare pet that would deter her from dating someone, Jennifer replied: "A ferret. That would put me off!"

This isn't the first time the 40-year-old actress has revealed her dislike for ferrets. In 2004, Aniston played a free-spirited

woman who owned a ferret in Along Came Polly — but couldn't warm to the animal during shooting.

She said: "It's not the warmest, cuddliest thing. Of all the animals out there to work with, a ferret wouldn't be my first choice."

METRO NEWS SERVICES



Jessica 'dukes' it out

PEOPLE Remember all that weight gain hoopla surrounding Jessica Simpson a month or so ago? The singer seems to have wiped them out in the single donning of a pair of short-shorts, a la her Daisy Dukes character from The Dukes of Hazzard movie, popeater.com reports.

At her Florida show on Sunday night, Simpson strutted the

stage in her short-shorts.

In January, Simpson's high-waisted jeans and apparent weight gain made headlines across the country.

Simpson spoke out against the criticism at a concert shortly after the weight stories began, saying: "I feel like in our world today we focus on so many things that are completely pointless."

METRO NEWS
SERVICES



Twins have blond moment

PEOPLE Hugh Hefner's latest girlfriends, twins Karissa and Kristina Shannon, offered to help out with 2008 Playmate of the Year Jayde Nicole's charity, Lengths of Love, by donating some of their hair to make

wigs and help raise cancer awareness.

Only one problem: The twins' bleach-blond hair is apparently no good. "The hair used has to be healthy enough to be retreated and not too over-processed," Nicole tells Fox News.

METRO NEWS
SERVICES



Hayden hates the paparazzi

PEOPLE Hayden Panettiere wasn't in the best of moods at an event in Hawaii recently.

According to Us Weekly, the Heroes star snapped at photographers, saying, "You all make my life

miserable." And when a reporter tapped her on the shoulder to ask for an interview, Panettiere reportedly jerked her head around and screamed, "Don't you ever touch me!"

METRO NEWS
SERVICES



Kimora's 'hog wild' wedding

MARRIAGE Kimora Lee Simmons and her beau, actor Djimon Hounsou, apparently got married last summer in Hounsou's native Benin — only the union still isn't official in the U.S., sources tell the New York Daily News.

"She went whole hog

with the African theme ... There were African drums, a traditional ceremony with dancers ... they even had a hut!"

METRO NEWS
SERVICES



Paris pulls a Vanilli?

PEOPLE Paris Hilton was left humiliated at her birthday party in Las Vegas after her new man exposed her lip-synching, femalefirst.co.uk reports.

The socialite — who turned 28 — was horrified when lover Doug Reinhardt grabbed her microphone as she was performing her song Stars Are Blind at the Body English

night club at the Hard Rock Hotel and Casino on Saturday.

A source said: "Paris was really going all-out to impress Doug until he took the mike off her and the singing just carried on. Everyone in the club thought it was hilarious."

METRO NEWS
SERVICES



**100TH
ANNIVERSARY
EVENT**

**MORE VALUE, LESS MONEY.
PLUS 0% FINANCING.
LOADED WITH STANDARD FEATURES.**



SPORT MODEL SHOWN+

2009 SX4 SEDAN
STARTING PRICE ~~\$17,395~~
NOW \$14,995*
PLUS 0%⁰ PURCHASE FINANCING
FOR 36 MONTHS

**Standard Features Include: AC • Power Windows, Locks and Mirrors • Remote Keyless Entry •
ABS with Electronic Brake-Force Distribution**



JX MODEL SHOWN+

2009 SX4 HATCHBACK
STARTING PRICE ~~\$17,395~~
NOW \$14,995*
PLUS 0%⁰ PURCHASE FINANCING
FOR 36 MONTHS



**Standard Features Include: AC • Power Windows, Locks and Mirrors • Remote Keyless Entry •
ABS with Electronic Brake-Force Distribution**



JLX MODEL SHOWN+

2009 GRAND VITARA
STARTING PRICE ~~\$25,995~~
NOW \$22,995*
PLUS 0%⁰ PURCHASE FINANCING
FOR 36 MONTHS



**Standard Features Include: • 4 Wheel Drive • AC with Automatic Climate Control • Power Windows,
Locks and Mirrors • Remote Keyless Entry • ABS with Electronic Brake-Force Distribution**

☒ **JAPANESE QUALITY** ☒ **VALUE LOADED STANDARD FEATURES**
☒ **RELIABLE 5-YEAR POWERTRAIN WARRANTY**

GREAT LEASE OFFERS AVAILABLE ON 2009 MODELS

**Metro
SUZUKI**
WE SELL SATISFACTION!

224 Wyse Road, Dartmouth. Between the bridges
Save time – get pre-approved • apply online at www.metro Suzuki.ca

902-466-0086 • Toll Free: 1-800-565-0086

Every new Suzuki Vehicle comes with 5-year
100,000 kilometer powertrain limited warranty and
3-year unlimited kilometer roadside assistance



Way of Life!

CONSUMERS SHOULD READ THE FOLLOWING: Vehicles may not be exactly as shown. Limited time offers are subject to change without notice. *New starting prices are calculated after subtracting dealer participation and stackable credits off the 2009 MSRP. Starting prices of a new 2009 SX4 Sedan with manual transmission (Model S3L83J9), 2009 SX4 Hatchback with manual transmission (Model H3N83H9) and 2009 Grand Vitara with manual transmission (Model LLN80S9), after subtracting dealer participation credits of \$500/\$500/\$500 and stackable credits of \$1,900/\$1,900/\$2,500, are \$14,995/\$14,995/\$22,995. \$1,395/\$1,395/\$1,550 destination and delivery charge, administration fee, \$75 tax for fuel conservation (where applicable), duties on new tires (where applicable), \$72 PPSA (where applicable), other taxes, license, insurance, applicable fees and registration are extra. Limited time finance offers available to qualified retail customers on approved credit. 0%/0%/0% purchase financing APR for a 36/36/36 month term. Financing example: the monthly payment of a new 2009 SX4 Sedan with manual transmission (Model S3L83J9), after subtracting dealer participation credits of \$500 and stackable credits of \$1,900, at 0% purchase financing APR is \$417 per month for 36 months. Cost of borrowing is \$0 for a total obligation of \$14,995. Financing example does not include \$1,395 destination and delivery charge, administration fee, \$75 tax for fuel conservation (where applicable), duties on new tires (where applicable), \$72 PPSA (where applicable), other taxes, license, insurance, applicable fees and registration. +Prices of models shown, 2009 SX4 Sedan Sport with manual transmission (Model S3L83K9), 2009 SX4 Hatchback JX with automatic transmission (Model H3N84J9) and 2009 Grand Vitara JLX with automatic transmission (Model L2NB5V9), after subtracting stackable credits of \$1,400/\$1,400/\$2,000, are \$17,945/\$18,595/\$26,995. \$1,395/\$1,395/\$1,550 destination and delivery charge, administration fee, \$75 tax for fuel conservation (where applicable), duties on new tires (where applicable), \$72 PPSA (where applicable), other taxes, license, insurance, applicable fees and registration are extra. Certain conditions apply. Dealers may sell for less. Information shown is based on the latest available information at the time of print. See participating dealers for conditions and details. Offers end April 30, 2009. ©2009 Suzuki Canada Inc.